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NT SAMMY'S RADIO RECIPES

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AUNT SAMMY'S

RADIO RECIPES



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THE BUREAU OF HOME ECONOMICS



**U.S. DEPARTMENT
OF AGRICULTURE**



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DEAR RADIO FRIEND:

I am sending you the menus and recipes broadcast from October to February during the Housekeepers' Chats. A couple of notebook rings will hold the pages together nicely. No attempt has been made to organize the material in the Radio Cookbooks. The recipes were developed in the Bureau of Home Economics, broadcast in the five-day-a-week "Housekeepers' Chats" and printed immediately after they were broadcast.

Later I shall send you additional pages to complete your cookbook.

Below is a list of stations from which the Housekeepers' Chats may be heard regularly.

Please call this service from the United States Department of Agriculture to the attention of your friends. Ask some questions, too—the sort that I can answer over the air. Thank you.

Sincerely,

AUNT SAMMY.

SCHEDULE OF "HOUSEKEEPERS' CHATS"

WHO — 9.45 a. m.	KQW — 10.30 a. m.
WDAF — 12.45 p. m.	WDAG — 12.45 p. m.
WOC — 3.00 p. m.	WEAO — 11.10 a. m.
WSB — 10.00 a. m.	WEW — 10.00 a. m.
WRC — 5.00 p. m. Tuesday.	WHK — 3.30 p. m.
KOIL — 3.30 p. m.	WOS — 10.30 a. m.
KQV — 11.00 a. m. Monday,	WMCA — 11.00 a. m.
Wednesday, Friday.	KFDM — 10.00 a. m.
KSL — 8.10 p. m.	KMA — 5.30 p. m. Monday.
KTHS — 12.00 noon.	WASH — 1.00 p. m.
WAMD — 11.00 a. m.	WKBH — 10.30 a. m.
WBCN — 4.00 p. m.	WBZ — 7.15 p. m. Wednesday.
WCSH — 10.30 a. m.	WAPI —

MENUS FOR OCTOBER

Meat loaf, brown gravy.

Scalloped potatoes.

Carrots or beets.

Sliced tomatoes.

Lemon jelly.

Roast veal with stuffing (p. 4).

Corn on the cob, or succotash.

Baked tomatoes (p. 5).

Sliced peaches.

Stuffed peppers (p. 5).

Baked sweet potatoes.

Panned squash.

Peach dumplings with hard sauce (p. 5).

Liver and bacon.

Mashed potatoes.

Fresh sliced tomatoes.

Blue plum sauce and "best evers" (p. 6).

Fresh or canned salmon with cream sauce.

Riced potatoes.

Pepper pickle. (p. 6).

String beans.

Baked pears (p. 6).

Roast leg of lamb, with onions (p. 6).

Fresh or canned peas.

Tart jelly.

Baked peaches (p. 7).

Cold roast lamb.

Creamed potatoes (p. 7).

Fried tomatoes.

Pear salad.

Spinach with hard-boiled eggs.

Fried squash.

Baked potatoes.

Apple dumplings with sauce (p. 7).

- Veal cutlet and gravy (p. 7).
- Stuffed eggplant (p. 8).
- Tart jelly.
- Hot biscuits.
- Sliced tomatoes and onions.
- Peach sauce.
- Fowl en casserole (p. 9).
- Riced potatoes.
- Baked cucumbers (p. 9).
- Lettuce or lettuce and tomato salad.
- Peach Bavarian cream (p. 9).
- Broiled lamb chops.
- Baked potatoes in the half shell (p. 12).
- Sauerkraut.
- Celery and apple salad (p. 12).
- Gingerbread with whipped cream (p. 12).
- Veal pie (p. 13).
- Harvard beets (p. 14).
- String beans, fresh or canned.
- Crisp lettuce salad.
- Peach dainty (p. 15).
- Lamb stew (p. 15).
- Boiled flaky rice (p. 58).
- Lettuce salad with a tart, spicy dressing (p. 39).
- Chocolate pie (p. 65).
- Mock duck (p. 15).
- Five-minute cabbage (p. 16).
- Candied sweet potatoes (p. 28).
- Stuffed tomato salad.

ROAST VEAL SHOULDER WITH STUFFING

Remove shoulder bone. Fill cavity with a stuffing made as follows:

- | | |
|--------------------------------|--|
| 2 cups dry bread crumbs. | $\frac{1}{2}$ teaspoon onion juice or finely |
| 4 tablespoons melted butter. | grated onion. |
| $\frac{1}{2}$ teaspoon salt. | A little sage or thyme, if desired. |
| $\frac{1}{4}$ teaspoon pepper. | |

Mix the seasoning with the dry crumbs and moisten with the butter. Place the prepared meat in the roasting pan. Rub drippings over the surface, sprinkle with pepper and salt, and dredge with flour. The flour forms a crust which holds the meat juices. Put the meat in a hot oven, in an uncovered roaster and cook till meat is a good brown color. Then cook in a slow oven. No basting is required. Add flour and water to make a brown gravy.

BAKED TOMATOES

Cut tomatoes in half. Place in a shallow baking dish. Cover tomatoes with buttered bread crumbs seasoned with salt and pepper. Add a little water to keep tomatoes from sticking to the dish. Bake in a moderate oven.

STUFFED PEPPERS

6 green peppers.
4 cups dry bread crumbs.
2 to 4 tablespoons melted butter.
1 teaspoon salt.

Pepper.
Onion juice, if desired.
Chopped meat or vegetable.

If you like a mild flavor in peppers, parboil them from 1 to 2 minutes before they are cut in half, lengthwise. Remove only the stem portion, drawing out the seeds.

If you have meat left over from yesterday's roast, any stuffing, gravy, or vegetables, use them in the filling. Chop or grind the meat. If you have no left-over vegetables, use a little freshly cooked corn or tomatoes, or both. Combine other ingredients with the buttered bread crumbs, fill the peppers, and put them in a pan which contains a little water. Place a bit of butter on each pepper and cook to a golden brown.

PEACH DUMPLINGS

Roll the pastry in a thin sheet and cut it in rounds. Place a whole peeled peach in the center of each round of pastry. Do not remove the stone—it seems to give the dumpling an extra good flavor. Sprinkle sugar over the fruit, dot with butter, and bring the edges of the pastry together over the peach. Bake in muffin pans, in a fairly hot oven. If the oven is too hot, the crust will brown before the peach cooks through. Serve hot with hard sauce or liquid sauce. A good liquid sauce can be made with peach juice. Hard sauce is made as follows:

HARD SAUCE

$\frac{1}{4}$ cup butter.
 $\frac{3}{4}$ cup powdered sugar.

$\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{8}$ teaspoon grated nutmeg.

Cream butter and sugar. When it is white and creamy, add the vanilla and nutmeg. The secret of creamy hard sauce lies in long beating. Chill before serving. For variety substitute brown sugar and flavor with the grated rind of an orange.

BEST EVERS (COOKIES)

$\frac{1}{2}$ cup butter.
 1 cup sugar.
 2 egg yolks.
 2 tablespoons milk.
 2 cups flour.
 1 teaspoon salt.
 1 teaspoon baking powder.

1 cup seeded raisins.
 1 cup dry, shredded coconut.
 2 egg whites.
 2 teaspoons vanilla.
 2 or 3 cups flaked, toasted breakfast food.

Mix the ingredients in the order given. Use one rounding teaspoon of the mixture for each cookie. Drop by spoonfuls on a buttered sheet $\frac{1}{2}$ inch apart. Bake in a moderate oven. Watch closely, for they burn quickly. Remove from pan while hot. This makes about 65 cookies.

PEPPER PICKLE

1 cup minced green pepper.
 1 cup minced red pepper.
 2 to 4 tablespoons sugar.

$\frac{1}{2}$ teaspoon salt.
 1 small onion, chopped.
 1 cup vinegar.

Dissolve the salt and the sugar in the hot vinegar and pour over the vegetables. Let the pickle stand two or three hours before serving.

BAKED PEARS

Wash the pears, cut them in halves, and core them. Place in a baking dish. Sprinkle with brown sugar and a little salt, add dots of butter and a very little water. Put them into a moderate oven. Cover at first, until the fruit becomes soft. Baste once or twice while the fruit is cooking with the liquid in the pan. Add a little more water if necessary to keep the pears from burning.

ROAST LEG OF LAMB

Choose a plump, well-fatted leg weighing 5 to $5\frac{1}{2}$ pounds. Wipe it off with a damp cloth. Rub salt over the outside. Dredge with flour, if you prefer it that way. Then place meat, bone side up, in a heavy roasting pan, preferably on a rack, and put it in a very hot oven (about 500° F.). If it is roasted in this position, the thick part of the meat will be most convenient for carving. Let the meat stay at this high temperature for 20 minutes, or until it sears over; then let the oven cool to a moderate temperature (about 350° F.). Continue roasting for 2 to $2\frac{1}{2}$ hours, depending on size of leg. A general rule is to allow 15 minutes per pound, counting out the time required for searing. Do not add water. Place 5 raw peeled onions around the meat when you put it in the oven. Sprinkle onions with salt, and a very little flour. Serve meat piping hot.

BAKED PEACHES

Select large yellow peaches, pare them, and cut them in halves. Place them in a shallow pan, pit side up. Sprinkle lightly with sugar, dot with butter, and add a little salt. Broil under a flame or bake in the oven until the peaches are tender and lightly browned. Serve with a hot sauce.

CREAMED POTATOES

Pare potatoes very thin, cut in cubes, put in freshly boiling, salted water. Do not use too much water. Boil until tender, but not soft. Take from water as soon as done. The sauce is made as follows:

1½ tablespoons flour.
2 tablespoons butter.

| 1 cup milk.

Cook enough to prevent starchy flavor. Add to the sauce fine bits of parsley, or a little cheese, or onion juice. Pour sauce over potatoes and serve hot.

APPLE DUMPLINGS WITH SAUCE

1½ cups flour.
½ teaspoon salt.

| 2½ tablespoons water.
5 to 7 tablespoons fat.

Cut apples in quarters, sprinkle pieces lightly with sugar, cinnamon, and a little salt, and butter. If you use whole apples, select those of medium size, pare and remove cores, and fill the holes with seasoning. Place fruit in center of rounds of dough. Bring the edges of dough up over the fruit, pinching them together firmly so the juice won't escape. Bake in fairly hot oven.

SAUCE FOR APPLE DUMPLINGS

1½ cups boiling water.
1½ tablespoons cornstarch.
3 tablespoons butter.
½ cup sugar.

| 1 teaspoon vanilla.
Little grated nutmeg.
Few grains salt.

Mix starch and sugar with boiling water. Add butter just before serving. Let sauce boil long enough to do away with starchy taste.

VEAL CUTLET

Veal cutlet should be served well done. The meat for cutlets should be cut about three-fourths of an inch thick. If cut any thinner, it is likely to dry out in cooking. Remove

any skin and cut the meat into pieces of convenient size for serving. Season with lemon and onion juice and Worcestershire sauce, if desired, before cooking. Dip in flour and then cook in shallow fat until a crust is formed on both sides. If the meat is tender, cover and cook slowly until done. If the meat is inclined to be tough, add hot water and simmer the meat slowly. A rich gravy will then be developed which is served with the meat. Season with salt and pepper. Make a gravy by adding flour and mixing well with the fat. Then add hot water. Pour the gravy over the cutlet.

STUFFED EGGPLANT

1 medium-sized eggplant.
1 pint finely cut cabbage.
 $\frac{1}{2}$ teaspoon salt.

1 tablespoon butter.
2 tablespoons chopped peanuts.
1 cup fine bread crumbs.

Cut eggplant in half. Remove as much of the white portion as possible without breaking the shell. Cut in small pieces. Cook cabbage and eggplant in a small amount of water about 10 minutes. Drain and mix the other ingredients with it. Fill the eggplant with the stuffing; place buttered crumbs on top. Pour around each half eggplant a little of the water in which the cabbage and eggplant were cooked. Bake half an hour, or until golden brown.

GREEN TOMATO PIE

4 or 5 medium-sized green tomatoes.
 $\frac{1}{2}$ lemon sliced very thin.
 $\frac{3}{4}$ teaspoon cinnamon.

$\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ tablespoons cornstarch.
 $\frac{3}{4}$ cup sugar.
1 tablespoon butter.

Slice the tomatoes. Heat slowly in a saucepan with the sugar, lemon, salt, and spice, until tomatoes are tender. Melt the butter and combine with the cornstarch. Add this to the tomato mixture and cook until cornstarch does not taste raw. Take from fire. Line a pie tin with pastry. Bake the lower crust for 12 minutes, in a moderately hot oven until a delicate color appears. Put tomato filling in this prebaked crust; cover with upper crust. Be careful when covering the pie with this unbaked upper crust to moisten the edge and press firmly over the edge of the baked lower crust. Bake about 12 minutes in a hot oven, or until the upper crust is done. If there isn't enough liquid in the tomatoes to cook them, add a little water when stewing.

FOWL EN CASSEROLE

Cut the fowl into pieces convenient for serving. Dust with salt, pepper, and flour. Brown delicately in a small quantity of fat. As each piece is removed from the frying pan, place it in the casserole. Pour a little water into the frying pan to rinse out the particles of fat and add this liquid to the fowl in the casserole. Cover the casserole and cook the fowl in a slow oven for 3 or 4 hours, or until it is tender. Just before serving, remove the fowl and add to the juices a cup of milk which has been blended with $1\frac{1}{2}$ tablespoons of flour. Cook for 10 minutes, put the fowl back in this gravy, and serve from the casserole.

BAKED CUCUMBERS

Select 3 good-sized cucumbers. For filling use:

$\frac{3}{4}$ cup fine bread crumbs.	$1\frac{1}{2}$ teaspoons finely chopped parsley.
3 tablespoons butter.	3 rounding teaspoons chopped celery.
$\frac{1}{2}$ teaspoon salt.	3 small fresh tomatoes, skinned.
$1\frac{1}{2}$ tablespoons chopped onion.	

Wash cucumbers and cut in half lengthwise. Scoop out as much as possible of the pulp without breaking the skin. Brown the onion in the fat, add other ingredients mixed with the cucumber, stirring constantly, and cook five minutes, or until dry. Place filling in cucumber shells and bake until shells are soft.

PEACH BAVARIAN CREAM

1 quart sliced peaches.	2 tablespoons gelatin.
1 cup sugar.	$\frac{1}{2}$ cup cold water.
1 pint whipping cream.	$\frac{1}{4}$ teaspoon salt.

Soak gelatin in cold water. Mash peaches with sugar and rub them with the juice through a sieve. Place in saucepan and simmer for 5 minutes. Remove from fire and add gelatin. Stir until gelatin is dissolved. Chill, and when mixture begins to thicken, stir in the whipped cream. Place in wet mold. When set, serve with plain or whipped cream.

SUGGESTED MENUS FOR SCHOOL LUNCH BOX

1. Ham sandwich, chopped cabbage sandwich, apple, piece of plain cake.
2. Bread and butter sandwich, chopped egg sandwich, $\frac{1}{2}$ cup stewed prunes.

3. Peanut butter sandwich, chopped celery sandwich, raisins, and a cookie.

4. Cottage cheese sandwich, brown bread and butter sandwich, orange, and a cookie.

5. Chicken sandwich, Graham bread and butter sandwich, an apple.

6. Chopped meat sandwich, lettuce sandwich, $\frac{1}{2}$ cup canned fruit, gingerbread.

CHEESE TOAST

1 pound American cheese.

1 cup rich milk or cream.

2 eggs.

4 drops tabasco, or a few grains of cayenne pepper.

2 tablespoons flour mixed with 2 tablespoons water.

A little onion juice, if desired.

$\frac{1}{2}$ teaspoon salt.

$1\frac{1}{2}$ teaspoons baking powder.

Flake the cheese with a fork. Heat the milk in a double boiler. Thicken it with the flour which has been mixed with the water. Cook for 5 minutes. Add the beaten eggs, the cheese, the pepper, and the salt. Cook slowly until the cheese has melted and the mixture is thick and creamy. Allow it to cool, then add the baking powder. The cheese mixture is then ready to spread on the toast.

Toast just one side of the bread. Spread the cheese mixture thickly on the untoasted side to the very edge. If the cheese mixture does not come to the edges of the bread, they become brown, and hard. Brown the cheese delicately, under a low gas flame or in the oven. The slow heat allows the cheese mixture to heat through before it browns, gives it a chance to become light, and keeps the cheese tender and soft. Too great heat makes the cheese tough and stringy. If you like, place a strip of crisp bacon across each slice of cheese toast. Serve it hot from the oven. This recipe makes enough for 12 to 14 slices of bread. The cheese mixture may be prepared—except for the baking powder—the day before it is to be used. Since the mixture stiffens on standing, heat until soft in a double boiler, let it cool, and add the baking powder. Then spread the cheese on the toast.

GINGER PEARS

8 pounds pears, not too ripe.

4 pounds sugar.

2 lemons.

5 or 6 pieces ginger-root, 1 to 2 inches long.

Wipe the pears, remove the stems, quarter, and core. Cut the pears into small pieces. (If you use small sugar pears, cut them in halves.) Add the sugar and the ginger. Let stand overnight. In the morning add the lemons cut in small pieces, rejecting the seeds, and cook until thick.

Watch the mixture carefully lest it stick and scorch. Do not let it cook down so long that the rich amber color is lost. Remove the fruit when it becomes clear. Then concentrate the juice. An asbestos mat under the kettle will keep the pears from sticking.

GRAPE CONSERVE

3 pounds Concord grapes.	1 cup seeded raisins.
2 pounds sugar.	1 orange cut fine.
1 cup nut meats (English walnuts or pecans, chopped).	

Skin the grapes, stew them, run them through a sieve, and add this pulp to the skins. Then add the other ingredients and cook until the mixture is thick. Grape conserve is likely to stick to the kettle unless it is watched closely. An asbestos mat will keep the conserve from sticking.

APPLE BUTTER WITH CIDER

There is no better way to use good apples and the sound portions of windfall, wormy, and bruised apples than to make them into apple butter. Almost any apples will make good apple butter, but those of good cooking quality, with a rich tart flavor, are most satisfactory. Summer apples make just as good butter as fall and winter varieties. Sometimes sweet apples are used with tart apples, the usual proportion being one-third of the sweet apples to two-thirds of the tart. If you must use overripe apples, add a little vinegar to give snap to the butter.

Either fresh cider or commercial sterilized cider may be used. The usual proportion of peeled sliced apples and cider is gallon to gallon. From one-half to three-quarters of a gallon of cider to a gallon of peeled and sliced apples will give a rich butter if the apples are good cookers.

Continue the cooking until the cider and apples do not separate and the butter, when cold, is as thick as good apple sauce. Determine the thickness at frequent intervals by cooling small portions.

If sugar is used add it when the butter is about two-thirds done. About a pound of either white or brown sugar to a gallon of apple butter is the usual proportion. You may use more, or less, or none at all, to suit the taste. Apple butter is spiced according to taste, about half a teaspoonful each of ground cinnamon, cloves, and allspice being used for each gallon. These are stirred into it when the cooking is finished.

Vanilla extract, added after the spices are stirred in, adds to the snappiness of the butter. Use from 2 to 4 teaspoonfuls per gallon of butter, according to taste.

BAKED POTATOES IN THE HALF SHELL

Select 6 good-sized potatoes of uniform size and shape. As soon as the potatoes are baked, cut them in half lengthwise. Scrape out the inside, being careful not to break the skin. Mash the potato, season it with salt, pepper, butter, and cream or rich milk, and beat until it is light. Place this mixture in the skins, brush the tops with butter, and put the potatoes in the oven for a final browning. For variety, sprinkle grated cheese over the potatoes before they are browned or add a very little chopped green pepper to the potato mixture.

CELERY AND APPLE SALAD

3 medium sized apples.
3 stalks celery.

Lettuce.
Mayonnaise or other dressing.

Pare the apples, remove the cores, cut into small pieces. Dice the celery. Sprinkle the apples with lemon juice. Mix the celery and the apples. Arrange on lettuce. Top with mayonnaise. Add chopped nut meats, if desired.

GINGERBREAD (TWO THIN LOAVES)

1 cup milk.
3 $\frac{1}{8}$ cups sifted soft-wheat flour.
 $\frac{1}{2}$ cup fat.
1 egg.
 $\frac{1}{2}$ teaspoon soda.
4 teaspoons baking powder.

$\frac{1}{2}$ cup sugar.
1 cup molasses.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon ginger.
 $\frac{1}{2}$ teaspoon cloves.
 $\frac{1}{2}$ teaspoon cinnamon.

Mix and sift the dry ingredients. Stir the liquid into the dry ingredients. For a shallow loaf the oven should be moderate (about 375°); if muffin pans are used, the oven should be fairly hot, or about 400° F. Serve the gingerbread hot with whipped cream.

In this recipe sour milk may be used instead of sweet in the same quantity. In that case the soda should be increased to a scant teaspoon, and the baking powder decreased to 2 teaspoons.

MILK-VEGETABLE SOUPS

Milk-vegetable soups are made from cooked vegetables (chopped or sliced) and milk (whole or skim) slightly thickened. The vegetables may be asparagus, peas, beans of various kinds, celery, potatoes, turnips, carrots, spinach.

onions, corn, cabbage, or almost any other vegetable. Some of these are good in combination, as potatoes and onions, potatoes and turnips, turnips and carrots.

2 cups milk.
1 tablespoon flour or less.
1 tablespoon butter.

Salt.
 $\frac{1}{2}$ cup cooked vegetables, finely
chopped, mashed, or strained.

Thicken the milk with the flour as for white sauce. Add the other ingredients. If the vegetable is starchy, use less flour or thin the soup with milk. Be sure the vegetables are finely chopped, mashed, or strained. Then they will blend well with the thickened milk.

APPLE BUTTER WITH LEMONS

Slice 4 lemons, cover with water, and let stand overnight. Next morning put the lemons in a preserving kettle with 8 pounds of apples, pared, cored, and sliced. Cook for 1 hour. Add 3 pounds of sugar. Cook slowly, with frequent stirring, $1\frac{1}{2}$ hours longer, or until of the proper thickness.

PEACH BUTTER

While it is desirable to have only good grades of peaches, the sound portions of inferior fruit may be used with perfect success. Put the peaches in a wire basket. Dip them in boiling water a few seconds, or until the skin slips. Test by raising the fruit out of the water and rubbing the skins between the fingers. Dip the peaches into cold water, peel, and pit them. Well-ripened freestone varieties are best. Mash the pulp. Cook it in its own juice, without adding water. If the peach pulp is rather coarse, put it through a colander or coarse wire sieve. To each pound of pulp add a half pound of sugar. Cook slowly. Stir frequently until the product is of the desired thickness. You may add the sugar before the cooking begins, if you like. The meats of several peach pits, whole or sliced, may be cooked in each gallon of butter.

Fruit butters may be packed in ordinary stone or glass jars. Sterilize all containers and pour in the boiling hot butter. If the containers do not have air-tight covers, pour hot melted paraffin over the butter at once. This seals the tops and keeps out molds.

VEAL PIE

Since veal contains less fat than beef, salt pork or fat bacon is often added to it. Veal contains a large proportion of connective tissue. Consequently, it should be cooked longer

and more slowly than beef. For the veal pie, select 2 pounds of one of the tougher cuts and cut it into small pieces. Besides the meat, you will need these ingredients:

An onion or two, sliced.
Raw celery, chopped fine.
Potatoes, cut into small cubes.
Boiling water.

Some green vegetable if possible;
for instance, a few lima beans, or
some sliced green pepper or okra.
Flour.
Salt and pepper.

Sear the meat on all sides in a hot skillet with the sliced onion and chopped celery. Then place in a saucepan with the potatoes and other vegetables. Add the boiling water, not quite covering the mixture. Simmer for about 25 minutes, or until the meat is tender. Season with salt and pepper. Thicken the liquid slightly with a little flour. Line the sides of a deep baking dish with a thin layer of rich biscuit dough. Pour the meat and vegetable mixture into the dish. Cover with a thick layer of the biscuit dough. Cut a slit in the top crust so the steam can escape. Bake in a hot oven until the biscuit dough is delicately brown and crisp. Carrots, peas, string beans, and other vegetables are good in a veal pie. It is the very place, in fact, to use up the leftovers. The point is to have the meat-vegetable mixture savory to the taste and with a touch of bright color to please the eye.

CHILI SAUCE

5 quarts chopped ripe tomatoes.
2 cups chopped red pepper.
2 cups chopped green pepper.
1½ cups chopped onions.
3 tablespoons salt.

1 cup sugar.
3 cups vinegar.
1 teaspoon cloves.
1 teaspoon allspice.
1 teaspoon cinnamon.

Combine the chopped vegetables, the salt, and sugar, and simmer this mixture until it begins to thicken. Then add the vinegar and spices and cook the mixture down until it becomes a thick sauce. Pour into hot sterilized jars and seal, or bottle the sauce and seal with wax. This recipe yields about three quarts of sauce.

HARVARD BEETS

Wash 6 medium-sized beets, cook them in boiling water until tender, remove the skins, and cut the beets into thin slices or cubes. Mix ½ cup sugar and ½ tablespoon cornstarch (cornstarch makes a much clearer sauce than flour). Add half a cup of vinegar and let the sauce boil for 5 minutes. Stir the sauce constantly. Just as you take the sauce from the fire add 2 tablespoons of butter. Pour the sauce over

the beets. Let them stand on the back of the stove for a few minutes so that the beets may absorb the sweet-sour flavor of the sauce.

PEACH DAINTY

1 quart sliced peaches.
1 cup sugar.
2 egg yolks.

2 tablespoons butter.
1 pint whipping cream.
A few grains of salt.

Cream the sugar, butter, and yolks together. Add the whipped cream and sliced peaches. Serve over angel or sponge cake.

LAMB STEW

2 pounds lamb.
2 tablespoons fat.
3 cups diced rutabaga turnips.

$\frac{1}{2}$ cup sliced onions.
1 green pepper, chopped.
Salt and pepper.

Wipe the meat with a damp cloth, cut into small pieces, brown the sliced onion in the hot fat, roll the meat in flour, then brown it in the hot fat. Be careful not to scorch the meat or you will spoil the delicate flavor. Put the browned meat and onion in a kettle, rinse the frying-pan with water, and pour this liquid over the meat and onion. Add enough more water to make about a quart and a half in all. Simmer the meat for about 1 hour, then add the diced turnips, chopped green pepper, and the seasoning. Cook for 20 to 30 minutes longer. If the stew is not thick enough, mix together a little flour in cold water, stir this in, and continue stirring for about 5 minutes. The stew is likely to stick to the kettle and scorch after the thickening is added.

MOCK DUCK

Select a flank steak weighing 2 to 3 pounds. Make a stuffing of the following ingredients:

$1\frac{1}{2}$ cups stale bread crumbs.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.
1 onion, minced.

$\frac{1}{2}$ cup chopped celery.
2 tablespoons butter or $\frac{1}{4}$ cup
finely chopped salt pork.

Brown the celery and the onion lightly in the fat. Then mix the ingredients lightly, combining them with a fork. Spread the stuffing over the steak. Roll the steak crosswise, not lengthwise, and tie it in two or three places with clean string. By rolling it crosswise you will cut across the grain when you carve, and the sliced meat will be more tender. Roll the outside of the mock duck in flour, then sear the surface in a small amount of fat in a baking pan. Add more flour if necessary, so there will be enough for brown gravy. When

the meat is thoroughly seared on all sides, add a cup of water, cover closely, and cook until tender. This takes about $1\frac{1}{2}$ hours. When the meat is done, mix 2 tablespoons of fat with an equal amount of flour, add the liquor from the pan, and enough water to make as much gravy as you need. If the steak had fat on it, there may be enough fat and also flour in the pan to make the gravy without adding any other.

FIVE-MINUTE CABBAGE

Shred the cabbage up finely. Cook it just about 2 minutes in hot milk—half as much milk as you have cabbage. Then for each quart of cabbage add a cup of cream or rich milk, with 2 tablespoons of butter blended with 2 tablespoons of flour. Season with salt and pepper, cover, and boil just 3 or 4 minutes. The result is a crisp vegetable, delicate and delicious.

FRIED APPLES AND BACON

Select good tart apples. Peel them. Cut them in $\frac{3}{4}$ to 1 inch cubes. Fry the bacon in a heavy skillet. As soon as the slices of bacon are crisp, remove and drain them in clean brown paper. For frying the apples you will need about one-fourth cup of the bacon fat. Put the apples in the hot bacon fat. Pile them up rather high in the frying pan. Sugar to taste. Be sure you use enough sugar—apples fried this way require a little more sugar than ordinary fried apples. Cover the apples. Cook slowly until tender. Then remove the cover, and turn the apples gently, so the pieces will keep their shape. Let them brown lightly. They are then almost transparent. Place them in a hot platter; surround them with crisp bacon.

WAFFLES

$1\frac{1}{2}$ cups milk.
2 cups sifted soft-wheat flour.
3 tablespoons fat.
1 to 2 eggs.

3 teaspoons baking powder.
 $1\frac{1}{2}$ tablespoons sugar.
Three-fourths teaspoon salt.

Mix the dry ingredients, add the milk and egg yolks, then the melted fat, and lastly fold in the beaten whites of eggs. Have the waffle iron hot enough to brown the waffle quickly and well greased unless it is the electrically heated aluminum kind. In that case add an extra tablespoon of melted shortening to the batter.

SQUASH PIE

This recipe can be used for either squash or pumpkin pie. The ingredients are:

1½ cups squash, thoroughly cooked (canned squash may be used).	½ teaspoon salt.
1 cup milk.	½ teaspoon allspice.
½ cup sugar.	¼ teaspoon mace.
1 teaspoon cinnamon.	2 eggs.
	1 tablespoon butter.

Put all the ingredients, except the eggs and the butter, in the double boiler. Bring to the scalding point. Beat the eggs well; add them to the hot mixture. Stir until it starts to thicken. Add the butter. Bake the empty crust to a very light brown. Pour the hot filling into the prebaked crust without removing it from the oven. Bake the whole pie in a moderately hot oven until the filling sets.

SPANISH RICE

3 medium-sized onions.	3 cups fresh or canned tomatoes.
½ cup drippings or butter.	3 green peppers cut into strips.
½ cup uncooked rice.	2 teaspoons salt.

Slice the onions and cook until tender and slightly brown in the melted fat. Remove them from the fat, add the rice, which has been carefully washed and dried, and brown it. Then add the cooked onions, the tomatoes, the green peppers, and the salt. Turn the mixture into a baking dish and bake it until the rice and the peppers are tender. This makes 6 or 8 servings.

POPCORN BALLS

2 quarts freshly popped corn.	2 tablespoons vinegar.
2 cups nut kernels.	½ teaspoon salt.
1½ cups sugar.	1 teaspoon vanilla.
1 cup water.	

Boil the sugar, water, vinegar, and salt until the sirup hardens when dipped into cold water. Add the vanilla, pour while hot over the popcorn and nuts, and mix well. When cool enough to handle, grease the hands and form into balls, or place popcorn in a deep layer, in a greased pan, and cut in oblong pieces. When cold, wrap in waxed paper. If desired chocolate may be added to the sirup for variety.

SUGARED POPCORN

1½ cups sugar.
1 cup water.

1 teaspoon salt.
2 quarts freshly popped corn.

Cook the sugar, water, and salt until the sirup forms a soft ball when dropped into cold water. Remove from the fire. Beat with a spoon until it looks creamy. Drop in the popcorn and stir quickly until each kernel is coated with sugar. Put on a platter and separate the grains of corn.

NUT BRITTLE

For nut brittle, use walnuts, pecans, peanuts, Brazil nuts cut in pieces, shredded coconut, or practically any other kind of nut. Puffed breakfast foods may also be used in place of nuts. If you buy nut kernels shelled, be sure to look them over carefully for small pieces of shell.

2 cups white corn sirup.
2 tablespoons vinegar.
½ teaspoon salt.

2 teaspoons vanilla.
2 cups nut kernels.

Cook the sirup, vinegar, and salt in a saucepan until a little dipped in cold water forms a soft ball. Put the nuts into this sirup, pour into an iron skillet and cook, stirring constantly, until the sirup becomes golden brown. Remove from the fire and add the vanilla. Have ready a shallow buttered pan, pour in the candy, and spread it out in a thin sheet. After it is cool, remove from the pan and crack into pieces.

MENUS FOR NOVEMBER

Apples—pork—potatoes (p. 22).
Fruit salad.

Vegetable vitamin soup (p. 24).

Cold meat.

Rolls and butter.

Relish.

Lettuce salad.

Baked apples (p. 21).

Fish chowder, with toast or toasted crackers (p. 24).

Celery and cheese salad (p. 25).

Gooseberry pie.

Baked rabbit (p. 28).

String beans.

Scalloped apples (p. 22).

Hot biscuits.

Orange gelatin (p. 29).

- Ham en casserole (p. 29).
 - Beets with horseradish sauce (p. 29).
 - Upside-down apple cake (p. 30).
- Rabbit en casserole (p. 31).
 - Cabbage salad (p. 58).
 - Apple turnovers (p. 30).

THANKSGIVING DAY

- Fruit cup (p. 32).
 - Roast turkey or roast chicken, with stuffing (p. 32).
 - Giblet gravy (p. 33).
 - Mashed potatoes, or candied sweet potatoes (p. 28).
 - Brussels sprouts, cauliflower, or spinach.
 - Cranberry jelly (p. 25).
 - Lettuce salad with Russian dressing (p. 33).
 - Celery.
 - Nuts.
 - Bread and butter.
 - Pumpkin or Squash pie. (p. 17).
 - Coffee.
 - Fish—broiled, fried, or baked.
 - Mashed potatoes.
 - Buttered beets or buttered carrots.
 - Lettuce salad, or celery.
 - Sliced oranges and bananas.
 - Chicken en casserole (p. 9).
 - Mashed potatoes.
 - Quick-cooked spinach or carrots.
 - Apple salad (p. 23).
 - Bean soup (p. 38).
 - Macaroni with cheese (p. 38).
 - Stuffed onions (p. 39) or stewed tomatoes and celery.
 - Cabbage or lettuce salad.
 - Lemon meringue pie (p. 67).
- AFTERNOON TEA
- Tea, with slices of orange and lemon.
 - Watercress or parsley, butter sandwiches (p. 41).
 - Savory cheese sandwiches (p. 41).
 - Orange and white candies.

A WEEK'S BREAKFAST MENUS

SUNDAY

Oranges, French toast, coffee or tea for the grown-ups and milk for the children.

MONDAY

Baked apples (p. 21), breakfast cereal with milk, bacon, bread or toast with butter, coffee for the grown-ups and milk for the children.

TUESDAY

Sliced bananas, ready-to-serve breakfast cereal with milk, soft-cooked eggs, bread or toast with butter, beverage.

WEDNESDAY

Grapefruit, fried mush with bacon, beverage.

THURSDAY

Fried apples and thin slices of ham, hot biscuits, beverage.

FRIDAY

Stewed prunes, waffles (p. 16), and honey butter, beverage. (The honey butter is a combination of butter and strained honey creamed together.)

SATURDAY

Canned peaches, breakfast cereal with milk, chipped beef on toast, toast with butter, beverage.

APPLE SAUCE

Wash, peel, quarter, and core the apples; or, if you are going to put the sauce through a colander, leave the skins on. Cook the apples in a covered pan, using just enough water to keep them from scorching. If apples are cooked in a covered pan, the steam will cook them. Cook rapidly, until the apples are soft, adding a little more water if necessary. If you have left the skins on, put the sauce through a colander or a sieve and then sweeten to taste. A dash of salt and a little butter improve the flavor. Adding the sugar after the apples are strained gives a fresher taste and saves sugar. One need not waste sugar on the apple sauce which does not go through the sieve. Variety of flavor may be secured by adding spices, such as cinnamon, or nutmeg,

or cloves, thin slices of lemon, or a few drops of lemon juice. Nutmeg should be used only on apple sauce which is to be eaten at one. Apple sauce flavored with nutmeg is apt to become bitter on standing. The best-flavored apples make the best sauce. Tasteless apples should have other fruits added to give them flavor—prunes, pineapples, dates, figs, quinces, or raisins.

BAKED APPLES

Wash the apples and core them. Be careful not to cut through the blossom end when removing the core. Place the apples in a baking dish; fill the holes with sugar and butter. Add a few drops of lemon juice for each apple, if you like. Add a few tablespoons of water—just enough to keep the apples from sticking. Very juicy apples do not need water. Cover the baking dish or pan and bake in a hot oven until the apples are soft. Apples cool more quickly in a covered vessel, because the steam is held in.

Serve baked apples hot or cold, with or without cream. In the fall, when apples are at their best, spices are not really necessary, but in the spring, spice is an improvement. Raisins, too, are good with baked apples.

Some apples, such as the Winesap, have more jellying power than others. If cooked long enough, the juice forms a jelly. When apples of this kind are baked through, remove them from the baking dish and concentrate the juice, adding a little more sugar if necessary. Then place the jelly over the baked apples.

APPLE COMPOTE NO. I

For apple compote pare and core the apples. Cook them in a sirup made by combining water and sugar in the proportion of 2 cups of water to 1 cup of sugar. Color the sirup with red commercial coloring or cinnamon candies. Be sure there is enough sirup in the pan to cover the apples. Use a deep pan, and remember that the same quantity of sirup needed for one apple will cover a number of apples. Cover the pan and cook until the apples are tender. Take them out of the sirup and use it in a fruit punch. Serve the apples hot with a spoonful of tart jelly in the center and hard sauce.

APPLE COMPOTE NO. II

Pare the apples, core them carefully, and cut in half-inch pieces. Make a rich sirup, 1 cup of sugar to 1 cup of water. Add the pieces of apple to the boiling sirup. Cook till the

apples are transparent. Commercial coloring matter or cinnamon candies added to the sirup give the apples a pleasing color. These apple slices are very pretty as a garnish for meats.

SCALLOPED APPLES

Pare, core, and slice tart apples, preferably those of a kind that will hold their shape when cooked. Place a layer of the sliced apples in a baking dish, sprinkle them with sugar, dot them with butter, or pour on a little melted butter. Put in another layer of apples and keep on until the dish is heaping full. Press the apples down and get in all you possibly can. Cover the dish and cook the apples slowly for from 1 to 1½ hours in the oven. As the apples cook down, during the first half hour, a few more may be added. Fifteen minutes before the apples are to be served remove the cover and spread buttered bread crumbs over the top. Return to the oven and let the crumbs become golden brown and crisp. The apples themselves will be in whole pieces and almost transparent. Some kinds will be pink in color. Scalloped apples are very nice served hot with the main course of dinner or supper.

APPLES—PORK—POTATOES

5 pork chops.	3 teaspoons salt.
5 medium-sized apples, pared and cored.	½ teaspoon pepper.
4 white potatoes, medium size.	1½ cups boiling water.
6 onions, cut in half.	Flour.

A large baking dish is necessary for this. If you have no casserole, you might use a roaster with a cover. Grease the baking dish. Cut the onions in half and place them in the bottom of the dish. Trim the pork chops. Core the apples. Cut each apple into 4 or 5 rings, and stick the end of a pork chop through these rings. Then place the pork chops and apples over the layer of onions and sprinkle lightly with flour. Fill up the spaces with the potatoes, thinly sliced. Don't forget to season the layer of onions, and then the layer of meat, apples, and potatoes, with salt and a little pepper. Pour in the boiling water and cover the baking dish. Cook until tender, which will take a little over 1 hour. Then remove the cover of the baking dish. The food is ready to serve when it is a rich golden brown.

APPLE SALAD

Select medium-sized apples, pare and core them. Cook in a sirup made in the proportion of 2 cups of water and 1 cup of sugar. The sirup should cover the apples, which should be cooked in a covered pan. Red cinnamon candies, added to the sirup, give the apples a pretty rose color. After the apples are cooked and chilled, fill with cream cheese, softened and seasoned with a little salt, a little paprika, and a little finely chopped green pepper. If you like, you might form the cheese mixture into balls, roll them in ground nuts, and serve beside the apple. Serve the apples on crisp lettuce leaves; garnish with mayonnaise.

FRIED CARROTS AND APPLES

Select 6 medium-sized carrots and 6 tart apples. Scrape the carrots and cut them lengthwise into thin slices. Pare the apples or leave the peelings on, whichever you prefer. Core the apples and cut them into slices about a fourth of an inch thick. Fry the apples and the carrots in fat, preferably in a large iron pan or skillet. Place them in single layers and cover the pan tightly. Cook till well browned on one side, then turn. Sprinkle with a little salt and sugar. Serve on a hot platter, first a layer of carrots, then a layer of apples, so the two can be served together.

APPLE-CABBAGE SALAD

To make this salad, select good, tart, eating apples, peel, cut into small cubes, and mix with finely chopped cabbage. You may use equal proportions of apple and cabbage, more apple, or more cabbage. The cream-salad dressing is made as follows:

Beat $\frac{1}{2}$ pint of thick whipping cream until stiff; add $4\frac{1}{2}$ tablespoons of lemon juice, 2 tablespoons of fresh-grated horse-radish, a grating of onion, a few drops of tabasco, and salt to taste. These seasonings can be changed according to individual preference, but be sure there is enough dressing in proportion to the cabbage and apple. Just a dash of cayenne pepper may be used if you do not have tabasco. If the horse-radish is in vinegar, use only 2 tablespoons of lemon. Half a pint of cream makes enough dressing for about 3 cups of apples and cabbage, which will serve six people. Mix the cream dressing with the apples and cabbage. Serve on lettuce.

VEGETABLE VITAMIN SOUP

1 cup cubed carrots.
 1 cup chopped onion.
 1½ cups celery, chopped.
 1 cup cubed turnips.
 2 cups cubed potatoes.
 2 quarts meat stock.

1 cup tomato juice.
 2 tablespoons chopped green pepper.
 6 tablespoons butter.
 3 teaspoons salt.
 ¼ teaspoon pepper.

Brown all the vegetables, except the potatoes, in the butter in a skillet for about 10 minutes. This helps develop the flavor. Then place the contents of the skillet in a saucepan. Wash out the particles of browned vegetables clinging to the skillet and add to the stock in the saucepan. Boil 20 minutes; then add the potatoes and the tomato juice. Cook 10 to 20 minutes longer. The potatoes are added last, because they do not require much time to cook. If they were added with the other vegetables, the potatoes would be overcooked.

FISH CHOWDER

For fish chowder use 1½ pounds of fresh fish. Cod or haddock is the kind generally preferred for chowder, but any kind of fresh, dried, or canned fish will do if it has large flakes of meat and only few bones which can be easily picked out before the fish is combined with the other ingredients; or, if you prefer, use a quart of clams or oysters instead of the fish.

In addition to the 1½ pounds of fish you will need 4 potatoes, peeled and cut in small pieces; 1 onion, sliced; 2 cups carrots cut in pieces; ¼ pound salt pork; 2 cups milk; pepper. Cut the pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots, and potatoes in a kettle and cover with boiling water. Cook until the vegetables are tender. Add the milk and the fish which has been removed from the bones and cut in small pieces. Cook until the fish is tender, or for about 10 minutes.

Chowder can be thickened with flour, but most people prefer to add crackers in imitation of the fishermen, who always used pilot bread. For this quantity of chowder you will need about 8 or 9 good-sized crackers. Add them to the chowder a few minutes before serving. If flour is used for thickening, mix 3 tablespoons of flour with about ½ cup of milk, stir it into the chowder, and allow it to cook for a few minutes. If you prefer a chowder made with tomatoes, use 2½ cups of stewed and strained tomatoes instead of the milk.

CELERY AND PIMENTO-CHEESE SALAD

A celery and pimento-cheese salad is easily made. The cheese is packed into the hollow part of the celery stalk, cut in convenient pieces for handling. Place the celery on lettuce leaves on individual plates. If fresh tomatoes are available, put a slice or two on each plate to add freshness and give an attractive color note. If you like raw onion or pickles, use either or both with the salad.

CRANBERRY JELLY

Perfect cranberry jelly depends on several fine points. First, use only sound, firm berries. Discard any berries that are soft or withered. Second, use the right amount of hot water—2 cups to each quart of berries—no more. Third, boil the cranberries rapidly until they burst, but no longer, or you will destroy the pectin that makes the jelly “jell.” Fourth, press the fruit through a fine sieve, rather than through a colander, to remove seeds as well as skins. Allow 2 cups of sugar to each quart of cranberries. Add it to the strained pulp. Cook about a minute, or until the jelly sheets from the spoon. Mold in small bowls holding about the right quantity for one meal. Cranberry jelly “weeps” or runs after it is cut, hence it is more attractive to place a fresh mold on the table at each serving.

CRANBERRY JAM

1 quart cranberries.	½ cup raisins.
2 cups sugar.	1 cup water.

1 orange and a little of the peel cut rather fine.

Chop coarsely together the cranberries, raisins, orange, and orange peel. Add the sugar and water. Cook until thick, or for about one-half hour, stirring often. Place in jelly glasses.

This jam is excellent to serve with meat or for use as a sandwich filling.

CANDIED CRANBERRIES

3 cups cranberries.
2 cups sugar.
2 cups water.

Select large, firm cranberries. Make three small slits in each berry with the point of a penknife. Make a thin sirup by boiling the sugar and water together until clear. Allow the sirup to cool, add the berries, and bring very slowly to the

boiling point. The saucepan should be large enough to permit all the berries to float at the top of the sirup during cooking. If the berries are heated too quickly, the skins will burst before the sirup soaks into the pulp. As soon as the sirup boils, take the pan off the stove and let it stand overnight.

Next day drain the sirup from the berries and boil until it is reduced to about half its original volume. Allow the sirup to cool, place the berries in it, and heat again slowly; boil very gently for 3 or 4 minutes and allow to stand for 2 hours or more. Then boil gently a third time for 5 minutes. Allow the berries to stand in the thick sirup overnight; warm once more, so that the sirup will be thin enough to pour easily, and drain the berries from the sirup. Spread them on a clean cloth or paper to dry. They should then be bright, firm, plump, and semitransparent. They may be rolled in powdered sugar, stored in jars or tins, and used as a sweetmeat or in place of candied cherries for garnishes, puddings, sauces, and salads.

The sirup left over after the cranberries are candied has a pleasant flavor and fine color and is excellent as pudding sauce or may be diluted for use on pancakes or waffles.

SANDWICHES FOR THE SCHOOL LUNCH BOX

PEANUT BUTTER AND CELERY SANDWICH

Chop celery fine, add it to peanut butter or ground peanuts, and mix until creamy. Spread this mixture between slices of whole-wheat or Graham bread.

CHOPPED EGGS AND CELERY SANDWICH

Chop hard-cooked eggs up fine and season them with salt and pepper. Add half as much finely chopped celery and mix together with enough mayonnaise to make it easy to spread.

BAKED BEANS AND CHILI SAUCE SANDWICH

Use about 2 tablespoons of chili sauce to half cup of baked beans, mash the mixture till it is smooth, and spread on brown bread, or Graham bread.

PEANUT SANDWICH

Put shelled roasted peanuts through a food chopper, using the medium fine knife. Do not use the nut knife, because it grinds the peanuts too fine. Mix the ground nuts with just enough cream to moisten and make the mixture suitable to spread. Add salt to taste. Spread this mixture on Graham or whole-wheat bread.

PARISIAN SWEETS

$\frac{1}{2}$ pound figs.
 $\frac{1}{2}$ pound dried prunes or seedless raisins.
 $\frac{1}{2}$ pound nut meats.
 Confectioners' sugar.

Wash, pick over, and stem the fruits. Put them, with the nut meats, through a meat chopper, using a medium knife. Mix thoroughly. Roll out to a thickness of about one-half inch on a board dredged with confectioners' sugar. Cut into small pieces; or make balls and roll them in confectioners' sugar. If these sweets are to be kept for some time, they should be put in a tin box or a tight jar.

CARROT AND CABBAGE SALAD

Use equal parts of grated carrots and finely shredded cabbage. Mix the carrots and cabbage together with any favorite salad dressing. Add ground peanuts if desired. Mix till the ingredients are well blended. Serve on crisp lettuce.

SWEET PICKLE

50 firm dill pickles.	$\frac{1}{3}$ cup whole black pepper, or
12 peeled garlic buttons.	6 hot red pepper pods.
3 pints cider vinegar.	10 pounds granulated sugar.
1 pint tarragon vinegar.	1 pound brown sugar.
$\frac{1}{2}$ cup whole allspice.	1 cup olive oil.

Cut pickles in cross slices one-half inch thick. Drain in a colander overnight. In a 3-gallon stone crock (with a lid) pack the pickles in layers, using two garlic buttons to each layer. Boil together the vinegar, sugar, and spices for 15 minutes, watching carefully that this does not boil over. Pour at once over the pickles. Next morning stir in the olive oil. Stir the pickle well each day for 10 days. It is then ready to serve.

AMBER MARMALADE

1 orange, weighing about 7 ounces.
 1 grapefruit, weighing about 1 pound and 3 ounces.
 1 lemon, weighing about 3 ounces.

Select very tender, clean, yellow, smooth-skinned fruit, free from all blemishes. The thick-skinned varieties are better than those having a thin, tough peel, since this thin peel is likely to become still tougher after cooking with sugar and acid.

Wash the fruit well. Remove the skins and slice them very thin. Add a quart of cold water to the sliced peel, bring to the boil, cook for 5 minutes, and discard this water. Repeat this parboiling twice more, making three times in all.

Cut the fruit pulp into thin slices, removing the seeds and "rag." Combine this sliced pulp with the parboiled skins. To each weight or measure of fruit add three times its own weight or measure of water and boil for 40 minutes. Do not begin to count time until it boils rapidly. Then add equal weight or measure of sugar and boil rapidly for 25 minutes longer, or until the jelly stage is reached. Let stand overnight, reheat, pour into scalded jelly glasses, and when cold cover with paraffin.

The marmalade should have a clear amber color, not at all of a brownish cast; it should be jellied throughout. The strips of peel should be transparent and tender.

When larger amounts of fruit are used, longer periods of cooking are necessary before the jelly stage is reached, because of the larger amount of water which must be evaporated by boiling.

BAKED RABBIT

One rabbit, 3 cups cream or a thin white sauce, 6 slices bacon, and flour for dredging.

Skin, clean, and wash the rabbit. Split it into two pieces, cutting along the backbone. Rub with salt and a little pepper. Place in a roasting pan. Dredge with flour. Lay strips of bacon across the rabbit. Pour over and around it 3 cups of white sauce or 3 cups of cream. Bake $1\frac{1}{2}$ hours, basting frequently. Serve hot with the cream gravy. The liver may be boiled until tender, chopped, and added to the gravy before serving.

RABBIT PIE

Skin and draw rabbit. Cut it into pieces. Put it into a stew pan. Cover with boiling water. Cook until very tender. Remove meat from the broth and concentrate the broth to about one-half. Pick the meat from the bones in as large pieces as possible. Thicken stock with 1 tablespoon of flour for each cup of broth and pour over meat. Add 2 teaspoons of salt and $\frac{1}{8}$ teaspoon of pepper. Line the sides of a baking dish with pie crust or rich biscuit dough. Add meat mixture. Cover with crust. Bake in hot oven for 30 minutes.

CANDIED SWEET POTATOES

Select 6 medium-sized sweet potatoes, uniform in size if possibly. Partially cook the unpeeled sweet potatoes in boiling water. Cool and skin. Cut the potatoes in halves lengthwise, or in three pieces if the potatoes are large enough.

Put in a greased baking dish large enough for just one layer, not packing too closely. Make a sirup by boiling one cup of corn sirup, $\frac{1}{4}$ teaspoon salt, 2 tablespoons or more of butter, and $\frac{1}{2}$ cup brown sugar. The sirup should be fairly thick. Pour the sirup over the potatoes and place them in the oven to brown. Turn them very carefully. The potatoes may be served in the baking dish.

ORANGE GELATIN

The proportion is usually 1 envelop of gelatin to 1 quart of liquid. Put one envelop, or 1 ounce, of gelatin into $\frac{1}{2}$ cup of cold water to soften for about 2 minutes. Squeeze as many oranges as you need to make $2\frac{1}{4}$ cups of strained juice and add the juice of half a lemon to intensify the flavor. Put 1 cup of water on to heat with $\frac{3}{4}$ cup of sugar or less, depending on the acidity of the fruit. When the sirup is boiling, take it from the stove and put the moistened gelatin into it. Stir until the gelatin is entirely dissolved, then mix with the orange and lemon juice. In this way the orange juice is not cooked at all. Strain and pour into a large mold or into individual molds if you like. You do not need any sauce with this orange gelatin, but a soft custard would be good with it or plain or whipped cream.

HAM EN CASSEROLE

Place a thick slice of ham in a good-sized baking dish. Add thinly sliced raw potatoes which have been sprinkled lightly with flour. Pour over them enough milk to cover. Bake slowly for about an hour and a half, or until the potatoes and ham are thoroughly cooked. Cover the baking dish for the first hour of the cooking. The salt and fat of the ham are sufficient to season the potatoes. If necessary, add a little hot milk from time to time during cooking. There should be enough liquid to form a tasty gravy around the ham and potatoes. Serve the ham and potatoes from the baking dish.

If the ham is very salty, soak it, preferably in buttermilk or sour milk, before cooking it with the potatoes. The acid of sour milk seems to soften the ham and make it very tender when cooked.

HORSERADISH SAUCE FOR BEETS

$\frac{1}{2}$ cup thick cream.
 $\frac{1}{2}$ teaspoon salt.
 1 teaspoon sugar.

3 or 4 tablespoons fresh grated
 horseradish.

Beat the cream about 2 minutes. Add the salt and sugar. Beat in the horseradish. Pour over cold cooked beets.

UPSIDE-DOWN APPLE CAKE

$\frac{1}{4}$ cup butter.	2 teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	$\frac{1}{8}$ teaspoon salt.
1 egg.	1 teaspoon vanilla.
$\frac{1}{2}$ cup milk.	2 to 4 apples, depending on size.
$1\frac{1}{2}$ cups sifted soft-wheat flour.	

Cream the butter. Add the sugar, the well-beaten eggs, and vanilla. Sift the dry ingredients together twice and add alternately with the milk to the first mixture. Use a glass square or oblong baking dish or a very heavy pan. Put a thick coating of butter on the bottom and sides of the dish or pan. Wash, pare, and quarter firm-fleshed apples. Slice them rather thin, and place them so that the slices overlap and form even layers, covering the bottom of the dish. Sprinkle well with sugar and cinnamon which have been well mixed. Add another layer of apples placed with equal care, and flavor with cinnamon and sugar. Pour the cake mixture over the apples. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (at a temperature from 300° to 325° F.) for three-quarters of an hour. Loosen the sides of the cake, turning it out carefully, upside down, and the top will be covered with neat layers of transparent apples. Serve hot with hard sauce or whipped cream.

PLAIN PIE CRUST

$1\frac{1}{2}$ cups sifted soft-wheat flour.	About $2\frac{1}{2}$ tablespoons water, or
$5\frac{1}{2}$ to 7 tablespoons fat.	enough to make stiff dough.
	$\frac{1}{2}$ teaspoon salt.

Combine the fat and the flour, using knives, a pastry fork, or a biscuit cutter, so that the ingredients will not be warmed or handled too much. The tips of the fingers may be used if the work is done quickly. Add the water slowly and use no more than is absolutely necessary. Roll the dough *very lightly*. If the lower crust is baked separately, the oven should be about 450° F. However, a pie with a filling that needs to be cooked, cannot be left long in an oven as hot as this, because the crust bakes too fast for the filling. The temperature should be high to start, and then lowered rapidly after 8 or 10 minutes so the filling may cook through without overcooking the crust.

APPLE TURNOVERS

Cut apples in slices. Place on one-half a round of pastry. Season with butter, cinnamon, and sugar. Dampen one edge of the pastry and bring the other edge over it. Press the two edges together firmly, about half an inch deep, with

a fork, so the juice will not ooze out. Prick the top crust so the steam can escape, and bake in hot oven.

RABBIT EN CASSEROLE

8 slices bacon.
1 large rabbit cut into pieces.
2 medium-sized potatoes.
2 small onions.

2 cups hot water.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.

Fry the bacon until light brown. Remove it from the fat. Use this bacon fat to brown the rabbit, which has been dipped in flour. Arrange in a casserole or a baking dish the pieces of rabbit, the strips of bacon, and sliced onions and potatoes. Dredge lightly with flour. Pour the hot water over all. Cover and cook slowly for 2 hours.

RABBIT SALAD

For each cup of diced rabbit meat use $\frac{1}{2}$ cup of chopped celery, $\frac{1}{4}$ cup of salad dressing, $\frac{1}{2}$ teaspoon of salt, and a few grains of cayenne pepper. Mix thoroughly. Pour into a salad bowl, lined with lettuce. Put 1 or 2 tablespoons of dressing on top. Garnish with strips of green and red pepper. Either a mayonnaise or a boiled dressing may be used for this salad. Some persons prefer to marinate meats used in salad. To marinate, pour French dressing (a mixture of oil and vinegar) over the diced meat and let stand for 2 or 3 hours before the salad is mixed.

RABBIT IN TOMATO SAUCE

1 large rabbit.
2 tablespoons fat.
3 tablespoons flour.
 $1\frac{1}{2}$ cups tomato pulp and juice.

1 large onion chopped fine.
2 teaspoons salt.
Pepper.
3 cups water.

Skin, clean, and wash the rabbit. Cut it into pieces at the joints. Dip in flour; brown in a little fat. Put the fat in a deep iron skillet or a roasting pan. Stir in the flour. Add the chopped onion and tomato juice with the seasonings and the boiling water. Cook for 5 minutes. When this is boiling, put in the browned rabbit. Cover. Let simmer on top of stove or in the oven for 1 hour. The tomato sauce cooks down and gives a very good flavor to the rabbit.

SOUR CREAM SALAD DRESSING

$\frac{1}{4}$ teaspoon mustard.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon paprika.
 $\frac{1}{2}$ tablespoon sugar.

1 or 2 eggs.
 $\frac{1}{4}$ cup of vinegar.
1 cup sour cream.

Beat the egg until very light, add the other ingredients, and cook in a double boiler, stirring constantly until thick-

ened. Remove from the fire and beat well. If this dressing is cooked properly, it will have when cool a thick, smooth consistency. If it is overcooked, so that there is a tendency to separate, it should be strained before cooling.

POTATOES AU GRATIN

Dice the potatoes and cook in a small amount of water. Then mix the potatoes with a medium white sauce, made in the proportion of 1 cup milk, 2 tablespoons flour, 2 tablespoons fat, and $\frac{1}{2}$ teaspoon salt. Add grated cheese to the white sauce. In a shallow greased baking dish place a layer of potatoes, a layer of the cheese sauce, and a layer of bread crumbs, well buttered. Bake in a moderate oven until golden brown. Serve from the baking dish.

SWEET POTATO PIE

1½ cups boiled, riced, sweet potatoes.	½ teaspoon ginger.
2 tablespoons butter.	½ teaspoon salt.
¼ cup sugar.	2 eggs.
1¾ cups milk.	Vanilla, if desired.

Mix the ingredients in the order given. Prebake a pie-crust, pour in the sweet potato filling, and bake in a moderate oven until the filling is set.

SMOTHERED HAM WITH SWEET POTATOES

1 slice of smoked ham, cut into sizes for serving.	1 tablespoon butter or ham drippings.
3 cups raw, sliced, sweet potatoes.	2 tablespoons sugar.
	1 cup hot water.

Broil the ham lightly on both sides and arrange it to cover the bottom of a baking dish. Spread the sliced sweet potatoes over the ham. Sprinkle with sugar. Add the hot water and extra fat. Cover the dish and bake slowly until the ham is tender. Baste the potatoes occasionally with the gravy. Brown the top well.

FRUIT CUP

Many combinations of fruit, fresh or canned, may be used for fruit cup. Use colors that blend, and combine acid fruit with sweet. Grapes, oranges, grapefruit, canned pineapple, and white cherries are attractive. Mix the fruit and chill for about one-half hour before serving.

ROAST TURKEY

Draw and singe the turkey. Remove the oil sac and all pinfeathers. Cleanse thoroughly and wipe dry. Rub the

surface over with butter and a little salt. Stuff with a dressing made as follows:

6 cups finely broken stale bread.	1/4 pound butter or an equal amount of turkey fat.
2 teaspoons salt.	1/2 onion, grated, or more if desired.
2/3 teaspoon pepper.	4 stalks celery, cut up small.
1/4 teaspoon thyme.	1/2 cup boiling water.
1/2 teaspoon ground sage.	
1 teaspoon baking powder.	

Scissors may be used to cut up the stale bread. Cook the celery and onion in the butter five minutes. Mix with the bread, baking powder, seasonings, and hot water. Fill the cavity of the turkey. If a moist and fluffy rather than a dry dressing is preferred, use more water. If there is any surplus, it may be cooked in a separate dish, basted with the drippings from the pan, and served with the dinner.

The turkey may be started in a hot oven (400° F.) if a double roasting pan is used. If the turkey is young and tender, it will be done in 1 1/2 hours, during the latter part of which the temperature may be slightly reduced. A large, heavy, or old bird will require considerably longer baking. Keep the bottom of the roasting pan well covered with water during roasting, so that the meat will not dry out.

GIBLET GRAVY

Save the giblets—heart, liver, and gizzard—for gravy. Bake in the pan beside the turkey or put through the meat chopper and simmer in a quart of water while the turkey is baking. Measure the liquid. To thicken it, use 2 tablespoons of flour blended with an equal quantity of turkey fat to each cup of liquid. Stir gradually into the hot liquid. Add salt and pepper according to taste.

RUSSIAN SALAD DRESSING

One cup of mayonnaise dressing and 1/2 cup of chili sauce or catsup. If you wish, add a little chopped celery or green pepper, or pickle, if you use catsup.

FOUNDATION CAKE

1 cup milk.	4 teaspoons baking powder.
3 cups sifted soft-wheat flour.	1 1/2 cups sugar.
1/2 cup fat	1/4 teaspoon salt.
2 to 3 eggs.	1/2 teaspoon flavoring.

If butter or other fat containing water is used, allow about 1 1/2 tablespoons more.

Combine fat and sugar. Stir in the beaten egg yolks and add alternately the dry ingredients, which have been mixed

and sifted together, and the liquid. Add only a small quantity of liquid at first. If too much is added it will dissolve the sugar, and the fat will separate. Add the flavoring. Fold in the well-beaten egg whites. Pour the batter into lightly greased, floured pans, taking care that it is spread evenly. If the cake is baked in a thick loaf, the oven temperature should be very moderate, about 325° F. If baked as cup cakes or in thin layers, the oven should be about 375° F. This recipe makes two thick or three thin layers.

UNCOOKED ORANGE ICING

1 cup confectioner's xxxx sugar.	2 tablespoons fresh orange juice.
2 tablespoons butter.	Grated rind of 1 orange.

Cream the butter. Add the sugar and orange juice gradually, beating until the mixture is soft and creamy. Use at once.

SCALLOPED PARSNIPS

Scrub the parsnips clean. Cook until tender in lightly salted water—20 to 30 minutes will be enough for medium-sized ones. Drain. Scrape off the outer skin. Split the parsnips lengthwise. Pull out the woody cores. Place the parsnips in a shallow baking dish. Cover them with a white sauce made with butter, flour, and milk. If desired, the liquid for the sauce may be top milk, or cream, in which case less butter is needed. After this sauce is poured over the parsnips, cover the top with bread crumbs which have been mixed with melted butter. Bake in a moderate oven until the parsnips are thoroughly heated and the buttered crumbs are golden brown.

GRATED HORSERADISH

Grate up good sound roots, cover with a little distilled white vinegar, and pack into bottles at once. White vinegar is better than cider vinegar, because the cider vinegar darkens the horseradish. Seal the horseradish tightly and keep it sealed. The best part of horseradish is the sharp, pungent taste, and that is due to a volatile principle which escapes very readily, especially when the horseradish is exposed to the air.

ONIONS FRIED IN DEEP FAT

Remove the outer skin. Slice onions very thin. Dip the slices into a thin cover batter made of 1 cup flour, 1 cup milk, 1 egg, and $\frac{1}{4}$ teaspoon salt. Allow onions to drain well after they are dipped into the batter.

Use lard or other cooking fat for frying. Have a frying kettle about half full of hot fat. Be careful that the fat is

not so hot that it smokes. Drop a small piece of bread into the fat. If it browns in about 1 minute, the fat is just right for the onions. Put the slices of onion in a wire basket or sieve, so they can be easily removed from the fat. Lower the sieve or basket into the hot fat and let the onions fry until they are golden brown. Drain the basket. Place the onions on absorbent paper. Onions fixed this way are very good with steak. They will keep crisp for some days, like potato chips.

SWEET POTATOES WITH APPLES

3 medium-sized sweet potatoes.	$\frac{1}{2}$ cup sugar.
4 medium-sized apples.	3 tablespoons butter.

Wash the sweet potatoes and cook them in their skins in boiling water. Cool and skin. Cut the potatoes and apples into slices. Place in alternate layers in a buttered baking dish. Sprinkle sugar over each layer. Add a little water and bake until apples and sweet potatoes are soft and brown on top.

SCRAPPLE

Select 3 pounds of very bony pieces of pork or pork and beef mixed, if preferred. A hog's head may be used for making scrapple. For each pound of bony meat use about a quart of water and simmer until the meat drops from the bone. Remove the bone, taking care to get out all the tiny pieces. Chop the meat into small pieces. There should be about 2 quarts of broth left. If necessary, add water to make this quantity. Bring the broth to the boiling point, slowly add 2 cups of corn meal, and cook the mixture until it is like a thick mush, stirring almost constantly. Add the chopped meat, salt, and any other seasoning desired. Add onion juice, sage, and thyme, if desired. Pour the hot scrapple into dampened oblong enamelware pans. Let stand until cold and firm. Slice and brown in a hot skillet. If the scrapple is rich with fat, no more fat is needed for frying.

FRUIT CAKE NO. I

1 pound raisins.	$\frac{1}{2}$ cup tart jelly.
$\frac{1}{4}$ pound citron.	$\frac{1}{2}$ cup sour cream.
$\frac{1}{2}$ pound butter.	$\frac{1}{2}$ teaspoon soda.
1 pound currants.	$\frac{1}{2}$ teaspoon salt.
1 cup chopped nuts.	1 cup molasses.
4 cups flour.	5 eggs.
1 cup sugar.	1 tablespoon cinnamon.
$\frac{1}{2}$ cup cider.	$\frac{1}{2}$ teaspoon nutmeg.

Prepare all the fruit before mixing it. Cut the citron into very small pieces. Cream butter and sugar. Separate the

eggs, and add the yolks after the butter and sugar are blended. Add the liquids—cider, jelly, sour cream, and molasses. Mix the salt, soda, and spices with one half the flour. Mix the other half of the flour with the fruit and nuts. Add the dry ingredients gradually to the liquid ingredients, then the floured fruit, and last the whites of the eggs. If the fruit is well covered with flour, it will be scattered through the cake, and will not settle to the bottom.

Bake the cake in a tube pan in a slow oven (275° to 300°F.). A low fire allows the heat to penetrate the cake mixture slowly and does not dry it out or burn the crust. Do not forget to have a cup of water in the oven during the cooking process. There should be a well-greased paper around the sides of the pan because sometimes small particles of the fruit next to the sides of the pan stick and burn. Then the brown crust is broken and spoiled.

If the recipe for this fruit cake is doubled, it should be baked in two pans. It is better to bake fruit cakes in medium-sized loaves rather than in large loaves.

FRUIT CAKE NO. II

1 pound butter.	1 cup grape juice or cider.
1 pound flour.	4 teaspoons baking powder.
1 pound sugar.	6 teaspoons cinnamon.
9 eggs	4 teaspoons cloves.
2 pounds seeded raisins.	4½ teaspoons mace.
1 pound currants.	3½ teaspoons nutmeg.
1 pound citron.	3½ teaspoons allspice.
1 pound almonds.	1 teaspoon salt.

Prepare the fruit first. Chop the citron. Cut up the raisins and the nuts. Pick over the currants. Add enough of the flour to separate and coat the fruit. This will prevent it from sinking to the bottom of the pan in baking. Sift together the remainder of the flour and other dry ingredients. Cream the butter. Add the sugar, then the egg yolks, and the dry ingredients, and grape juice or cider, alternately. Pour into greased tube pans lined with greased paper. Bake carefully in a very slow oven, since such fruit mixtures burn easily; or steam the fruit cake for 4 or 5 hours until it is cooked through, and then put it in a very slow oven to dry off. This will make about 8 pounds of fruit cake and should be baked in two or more loaves.

MINCEMEAT

- | | |
|-----------------------|-------------------------------------|
| 2 pounds lean beef. | 1 nutmeg. |
| 1 pound chopped suet. | $\frac{1}{2}$ teaspoon ground mace. |
| 4 pounds tart apples. | 2 oranges. |
| 3 pounds sugar. | 2 lemons. |
| 3 pounds currants. | $\frac{1}{2}$ pound citron. |
| 2 pounds raisins. | 1 tablespoon salt. |

Stew the beef in a very little water until tender. Cool the meat and chop. Add the beef suet, chopped fine, and the pared, cored, and chopped apples. Carefully pick over, wash, and dry the currants and raisins. To them add the sugar, spices, orange and lemon juice, the grated rind of the oranges and of one lemon, the chopped citron, and salt. Mix thoroughly. Pack in a stone jar and keep in a very cold place, just above freezing if possible. The mincemeat should be thoroughly stirred each time any is taken out and occasionally moistened with a little grape juice, orange juice, or left-over canned fruit juice.

COFFEE CAKE

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|------------------------------|--|
| 2 cups flour. | $\frac{1}{2}$ cup cut citron or other candied fruit. |
| 4 tablespoons butter. | $\frac{1}{2}$ cup raisins, chopped. |
| $\frac{1}{2}$ teaspoon salt. | $\frac{1}{2}$ cup milk. |
| 2 tablespoons sugar. | |
| 3 teaspoons baking powder. | |

Sift together the dry ingredients, saving out 2 tablespoons of flour to mix with the fruit. Cut in the butter with a biscuit cutter or two sharp knives. Add the milk and the floured fruit. Place the dough in a greased pan, pat it down until it is about $1\frac{1}{2}$ or 2 inches thick. Bake 35 to 40 minutes in a medium oven. Because of the fruit this coffee cake should be cooked more slowly than biscuits. When the coffee cake is done, butter the top and pour over it a mixture of $\frac{1}{4}$ cup finely chopped nuts, 1 teaspoon cinnamon, and 2 tablespoons sugar. Place the cake in the oven again and let it remain until the sugar is slightly melted. Serve hot or cold.

PLAIN TOMATO SAUCE

- | | |
|---|--------------------------------|
| 2 cups canned tomatoes. | 1 teaspoon sugar. |
| 1 bay leaf. | 2 slices onion. |
| $\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt. | 2 cloves. |
| 2 allspice. | $\frac{1}{8}$ teaspoon pepper. |

Cook the ingredients for 10 minutes. Strain through a fine sieve. Measure the liquid. For each cup of liquid allow 2 tablespoons flour and 2 tablespoons butter. Melt the butter, add the flour, and when they are thoroughly

blended add the seasoned tomato juice and stir until thickened. Place over hot water for 5 or 10 minutes. Serve hot with croquettes or meat loaf.

SAVORY TOMATO SAUCE

2 cups canned tomatoes.
4 tablespoons butter.
 $\frac{1}{2}$ cup grated carrot.
2 tablespoons minced onion.
4 tablespoons flour.
 $\frac{1}{2}$ bay leaf.

$\frac{1}{4}$ teaspoon mustard.
 $\frac{1}{4}$ teaspoon summer savory.
 $\frac{3}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
1 cup water.

Cook vegetables and seasoning in fat for 2 minutes, being careful not to brown the vegetables. Add flour after 1 minute so that it mixes in with the fat. Add tomato juice, salt, and water and heat until the mixture thickens. Place over hot water for 10 minutes. Strain and serve.

BEAN SOUP

Bean soup may be made with any one of several kinds of beans—navy beans, lima beans, red kidney beans, black beans pinto beans, and soy beans.

Half a pint of the dried beans will be enough for a family of five. Soak the beans overnight in a quart of water. Cook in the same water until very soft. If the flavor of onion is desired, cook one or two slices with the beans. A fireless cooker is excellent for cooking the beans. Mash the beans through a sieve when they are done. Add water and milk or meat broth enough to make up a full quart.

All bean soups should have a little flour added to them as a binder to prevent the thick part from settling to the bottom. Mix a tablespoon of butter with a tablespoon of flour. Add a little of the hot soup and stir until smooth. Add the remaining soup and salt and pepper to season. Heat to boiling, then cook in the double boiler about 10 minutes. Celery or any other appropriate vegetables may be cooked with the soup. They should be cut up in small pieces. A tablespoon of chopped parsley sprinkled over the soup at the last minute is an agreeable addition. A pinch of mustard and a little lemon juice are good when black beans are used. Some people like minced hard-cooked egg and thin slices of lemon over the top of the soup.

MACARONI AND CHEESE

Cook 2 cups of macaroni or spaghetti broken into small pieces in 2 quarts of boiling salted water until tender. Drain in a strainer and pour cold water over it to prevent the pieces from sticking together. Make a white sauce

with 4 tablespoons flour, 4 tablespoons butter, and 2 cups milk. Grate or cut $\frac{3}{4}$ pound of cheese into the white sauce, reserving a little cheese to grate over the top of the dish. Season with 1 teaspoon of salt and a few grains of cayenne pepper.

Place the macaroni in a buttered baking dish in alternate layers with the cheese sauce. Scatter the extra grated cheese over the top with buttered bread crumbs. Heat in the oven until the sauce and macaroni are hot through and the crumbs are brown.

STUFFED ONIONS

Select rather large onions—the Spanish variety if they can be obtained, or large Bermudas. Allow from a half to a whole onion for each person to be served. Cut the onions in half. Parboil gently until fairly tender, taking care not to get them out of shape. Lift them out of the water with a skimmer. Arrange in a buttered pan or baking dish. Scoop out the onion centers. Chop fine. Mix with about an equal amount of buttered crumbs and a few chopped nut meats. Nuts may be omitted, but they add to the flavor and novelty of the stuffed onions. Season the stuffing with salt and pepper. Fill the onions. Put in the bottom of the dish a few tablespoons of the water in which the onions were boiled to keep them from drying out too much. Bake until the stuffing is browned.

MAYONNAISE VARIATIONS

1. Mayonnaise and chili sauce or tomato catsup. This is excellent on plain lettuce salad.
2. Mayonnaise, chopped stuffed olives, and finely chopped celery. Serve this with a crisp green salad.
3. Add whipped cream to mayonnaise dressing just before serving. This is very good with fruit salads.

COOKED SALAD DRESSING

1 cup mild vinegar.
1 tablespoon sugar.
 $\frac{1}{4}$ teaspoon salt.

1 tablespoon butter.
2 eggs.

If the vinegar is not mild, it should be weakened. Substitute $\frac{1}{4}$ to $\frac{1}{2}$ cup of water for the same amount of vinegar, depending on the acidity of the vinegar. Hard cook the 2 eggs. While they are still warm remove the shells and rub the yolks to a paste. Add the dry ingredients, and the butter. Cream these together thoroughly. Add the heated vinegar, a little at a time, to make a thin paste. Press

the whites through a ricer or chop them very fine and add to the mixture. Serve on lettuce or other salad greens.

PICKLED PIG'S FEET

Place pig's feet in salt pickle for several days. Then boil them for a varying length of time, depending upon the size of the feet. Take care to remove them from the kettle before the meat separates from the bones. Split the feet lengthwise. Place them in a jar. Cover with vinegar, to which bay leaves, allspice, and whole black pepper have been added.

APPLE SALADS

1. Tart apples, a little celery, and boiled chestnuts or black walnuts or other nuts. Cut the apples in small cubes. Chop the celery. Use about one-fourth the quantity of boiled chestnuts or black walnuts as of apples. Serve on lettuce with mayonnaise or French dressing.

2. Tart apples, cut in small cubes; malaga grapes, halved and seeded; and a little chopped pimiento. Serve on lettuce with mayonnaise or French dressing.

3. Cubed apples cooked in sirup until transparent. Add to the sirup half a lemon and a small piece of ginger root. When the apples are done, drain and chill. When they are firm, add a little chopped celery and cream cheese. Serve on lettuce with a spoonful of mayonnaise dressing.

4. Apples with seedless raisins. Put the raisins into a small amount of water, bring to a boil, drain, and chill. Serve with French dressing on lettuce or cabbage leaves.

VEGETABLE SALAD COMBINATIONS

1. Beets, onions, celery, cabbage, shredded lettuce.

2. Cabbage, peanuts, celery or celery salt, chopped onion.

3. Canned asparagus tips. This salad is very good with mayonnaise-chili sauce dressing.

4. Raw grated rutabaga, chopped celery. Place the grated rutabaga in cheesecloth. Squeeze out some of the juice before combining with the celery.

5. Raw grated carrots, peas, celery.

6. Raw grated carrots, cabbage, celery.

7. Raw grated carrots, raisins, celery.

8. Raw grated carrots, grated cheese, celery.

9. Kidney beans, celery, chopped onion or onion juice, chopped pickle.

10. Peas, chopped beets or pickles.

NOVELTY SALADS

SUNBONNET SUE

5 halves of cooked or canned	5 thin slices of pimiento.
pears, or peaches, or apples.	5 tablespoons salad dressing.
10 whole cloves.	5 leaves curly lettuce.
10 almonds.	

Arrange the halves of the fruit round side up on the lettuce leaves. The leaf curls up around the fruit and forms the sunbonnet. Place the cloves in the fruit for the eyes, the blanched almonds for the ears, and slip thin slices of canned pimiento into cuts made for nose and mouth. The expressions may be varied. Put salad dressing around the outside of the fruit, to represent golden locks, and arrange a bow of red pimiento under the chin of Sunbonnet Sue.

CANDLE SALAD

Place a whole slice of canned pineapple on a lettuce leaf. Stick half a banana upright in the center of the pineapple. Top the banana with a red cherry. Garnish with yellow salad dressing to represent tallow running down the sides of a lighted candle.

BUTTERFLY SALAD

Cut a slice of pineapple in half. Place the curved edges opposite each other, with a date between them, to represent the body of the butterfly. Use thin strips of lettuce for the antennæ. Place sliced, stuffed olives on the pineapple "wings" with bits of nuts. Drops of yellow salad dressing are placed between the olives on the wings.

WATERCRESS OR PARSLEY BUTTER SANDWICHES

Watercress sandwiches are made of watercress ground fine, creamed with butter, and spread on Graham bread. Parsley, with a few drops of lemon juice, may be used instead of watercress.

SAVORY CHEESE SANDWICHES

Savory cheese sandwiches are made of sharp-flavored club cheese, chopped English walnuts, a few drops of onion juice, a little salt, and 2 or 3 tablespoons of tomato catsup. Place the cheese in a warm room to soften, and then add it to the other ingredients to form a mixture of the right consistency to spread.

CRANBERRY MUFFINS

$\frac{1}{8}$ cup melted butter.
 $\frac{1}{4}$ cup sugar.
 1 egg.
 $\frac{3}{4}$ cup milk.
 $\frac{1}{4}$ teaspoon salt.

2 cups sifted flour.
 4 teaspoons baking powder.
 1 cup cranberries.
 2 tablespoons sugar.

Break the egg into a mixing bowl. Beat it lightly. Add the milk. Sift the dry ingredients. Add the milk and egg mixture; also the melted butter. Roll the cranberries in the 2 tablespoons of sugar and fold them carefully into the batter. Place in greased muffin pans. Bake in a moderate oven about one-half hour, or until brown. This makes 12 muffins.

SPOON BREAD

1 cup corn meal.
 2 cups cold water.
 1 cup milk.

2 or 3 eggs.
 2 tablespoons butter (melted)
 2 teaspoons salt.

Mix the meal, water, and salt. Boil for 5 minutes, stirring constantly. A cup of milk may be used in place of 1 cup of water. Add the well-beaten eggs, the milk, the melted butter, and mix well. Pour into a well-buttered hot pan or glass baking dish. Bake for 45 to 50 minutes at a temperature of 400° to 450° F. Serve with a spoon from the pan or dish in which the bread is baked. Spoon bread is soft like a custard or soufflé and has a rich, delicious flavor.

JELLIED VEAL

2 pounds veal.
 1 quart water.
 1 tablespoon gelatin.
 Juice of $\frac{1}{2}$ lemon.

1 tablespoon finely chopped parsley.
 1 cup whipped cream.
 Salt and pepper to taste.

Cook the veal at simmering point until tender. Separate the meat from the bones. Put the meat through the grinder, using the fine knife. Soak the gelatin in one-quarter cup of water. Add it to the hot meat broth. Add the ground meat and the seasoning. Let the mixture stand, until it begins to set. Then fold in the whipped cream and pour the mixture into a dampened, oblong pan. Chill thoroughly until firm. Cut in slices. Serve as a cold meat with salad. Bony pieces of veal, such as cuts from the neck and the shoulder, are excellent for making jellied veal.

MENUS FOR DECEMBER

Creamed oysters (p. 44) on toast or in patty shells.

Potato chips.

Cabbage salad with mayonnaise-chili-sauce dressing
(p. 39).

Cucumber pickles.

Lemon meringue pie (p. 67).

Coffee.

Oysters scalloped with rice (p. 47).

Stewed tomatoes.

Mixed pickle.

Watercress or lettuce salad.

Rocks (p. 47) and sliced oranges.

Christmas Dinner No. 1

Roast turkey with bread stuffing (p. 32) or roast goose with
potato stuffing.

Giblet gravy (p. 33).

Turnips and spinach or Brussels sprouts and squash.
Celery.

Cranberry jelly (p. 25) or cranberry sauce.

Tomato aspic salad (p. 48).

Plum pudding (p. 48).

Mince pie or frozen mousse
with Christmas cookies.

Nuts and fruit.

Coffee.

Christmas Dinner No. 2

Christmas chicken (p. 49) or roast pork loin.

String beans.

Candied sweet potatoes (p. 28).

Currant or apple jelly.

Grapefruit salad (p. 49).

Cranberry pudding supreme (pp. 49
and 50).

Nuts and fruit.

Coffee.

OYSTER COCKTAIL

1 pint raw oysters.	$\frac{1}{2}$ teaspoon salt.
6 tablespoons tomato catsup.	2 tablespoons chopped celery.
3 tablespoons lemon juice or vinegar.	1 tablespoon Worcestershire sauce.
12 drops tabasco sauce.	2 tablespoons grated horseradish.

Mix all the ingredients except the oysters. Chill. Place the cold oysters in cocktail glasses. Add the sauce just before serving.

OYSTERS ON THE HALF SHELL

For serving on the half shell, it is better to buy oysters in their shells and shuck them at home. Scrub the shells thoroughly. Then shuck them—that is pry them open with an oyster knife or use any heavy old steel blade. Take off the top shell and discard it. Slip the knife under the oyster and cut loose the round muscle that holds it to the shell. Place the oysters on the half shell on plates full of cracked ice. Arrange the shells so that they radiate from the center and allow 5 or 6 oysters to each person. Place a quarter of a lemon in the center of each plate.

Oysters on the half shell may be seasoned with salt and pepper, tomato catsup, a little tabasco, and Worcestershire sauce. Grated horseradish is also used as seasoning.

CREAMED OYSTERS

1 quart oysters.	$\frac{1}{2}$ cup flour.
$2\frac{1}{2}$ cups milk and oyster liquor.	1 teaspoon salt.
$\frac{1}{2}$ cup butter.	$\frac{1}{8}$ teaspoon pepper.
	$\frac{1}{4}$ teaspoon onion juice, if desired

Cook the oysters in their liquor until the edges begin to curl. Do not let them cook too long or they will be tough. Strain off the liquor. To this liquor add enough milk to make $2\frac{1}{2}$ cups. Melt the butter and add the flour, stirring until blended. Add the liquid. Cook for 5 or 10 minutes to do away with the starchy flavor of the flour. Add the oysters and seasoning and serve at once in patty shells or on toast. If the creamed oysters stand, the sauce becomes too thin.

FONDANT

2 cups granulated sugar.
$\frac{3}{4}$ cup boiling water.
$\frac{1}{8}$ teaspoon cream of tartar.

Put the sugar, water, and cream of tartar into a saucepan over a hot fire. Stir constantly until but not after the sugar

has dissolved. Do not splash the sirup. Remove the spoon and do not use it again after the sirup boils. Remove the sugar grains or the crystals with a dampened brush or a clean wet cloth. Cover the pan for a few minutes. Let the sirup boil until it reaches a temperature of 235° F. or until it forms a soft ball when dropped into cold water. Be sure the bulb of the thermometer is covered and does not touch the bottom of the pan. Pour the sirup in a thin sheet onto a chilled platter so it will cool quickly. Do not scrape out the saucepan. When the sirup is cool, work it until it creams with a flat wooden spoon. When it forms a soft solid ball, work it with the palms of the hands in the same way as bread dough until it is smooth.

Place the fondant in an earthenware or glass dish. Wet a clean cloth in hot water, wring out well, and lay over the top of the candy. After about 24 hours the fondant is ready to mold. Fondant made in this way will keep for months in a cold place if covered with a moist cloth or stored in a tightly covered jar.

The following are a few of the ways in which fondant may be used:

Form the fondant into small balls with the palms of the hands and press halves of walnut, pecan, or other nut kernels into them; or roll the balls into finely chopped nuts or shredded coconut or work these into the fondant before forming it into balls. Irregular shaped balls of fondant may be rolled in cinnamon for "cinnamon potatoes." Gouge out "eyes" to make them more realistic. Candied fruits, such as cherries, pineapple, cranberries, grapefruit peel, and citron may be used in the center of fondant balls or pressed into the surface.

With or without added nut meats fondant may be used to stuff dates or prunes.

Fondant may be melted and used to cover various kinds of fruits such as strawberries and white grapes. Firm fruits with unbroken skins should be used for this purpose, and a little of the stem should be left on them. They should be dipped very quickly into the melted fondant.

Fondant may also be melted, flavored with oil of peppermint, oil of wintergreen, oil of roses, vanilla, or almond extract, and dropped from a teaspoon onto waxed paper to make wafers about the size of a quarter. After they become hardened they may be dipped in chocolate. In fact, practically any of the fondant candies may be coated with chocolate in the following way:

Melt the commercial chocolate prepared for this purpose in a double boiler. Be careful not to let the water in the lower part boil, for this makes the chocolate coating streaked when it hardens. With a two-tined fork lower the fondant candies, fruit balls, or nuts into the melted chocolate. Lift them quickly and scrape off with a knife the surplus chocolate that drips from them. Place on waxed paper to dry.

NUT-COATED MARSHMALLOWS

1 cup blanched almonds.
1 cup pecan kernels.
1 cup English walnut kernels
1½ teaspoons salt.

2 cups medium brown sugar.
 $\frac{2}{3}$ cup water.
1½ pounds or 120 fresh soft
marshmallows.

Chop the nuts very fine. Shake them through a sieve, so the pieces will be the same size. Add the salt to the chopped nuts and stir well. Make a sirup of the brown sugar and water, boiling it to 226° F. If you do not have a thermometer, boil the sirup till it "threads" from the spoon. (This method of determining the right moment to take the candy off the fire is not so accurate or satisfactory as the thermometer method.) Remove the saucepan from the flame when the temperature 226° F. is reached. Set the candy in a larger vessel of hot water. At once drop the marshmallows one by one into the hot sirup using forks to handle them. Remove the marshmallows promptly. Roll them at once in the chopped nuts. Place on oiled paper to dry. If the sirup gets so cool that it begins to harden, place it over the flame to reheat. Do not allow it to come to a boil. If there is a coating of loose starch or powdered sugar on the marshmallows, brush or shake it off before dipping them into the sirup.

OYSTER AND VEGETABLE STEW

1 quart oysters.
1 cup water.
½ cup raw turnip, chopped.
2 cups shredded raw cabbage.

1 small onion, chopped fine.
1 cup celery, chopped fine.
4 tablespoons butter.
1 teaspoon salt.

Boil the turnip in the water for 5 minutes. Then add the shredded cabbage and the chopped onion. Cook for 10 minutes. Add the oysters, salt, and butter. Cook for a few minutes, until the oysters curl at the edge. Add the celery just before serving. A little thickening may be used if desired, for the liquor comes out of the oysters as they cook. Serve toasted bread or crackers or crisp biscuits with the stew.

PRALINES

$\frac{1}{4}$ cups sugar.
1 teaspoon salt.

3 cups pecan nut meats.
2 cups cream.

Make a sirup out of 3 cups of the sugar and the cream. Caramelize the other cup of sugar by melting it in an iron pan and stirring constantly with the back of a spoon. Into it pour all the sirup at one time, stirring constantly and rapidly. Add the salt. Boil the mixture to the soft-ball stage without stirring. Pour into a flat pan and cool. Beat to a creamy consistency and add the nuts. Form into flat, round cakes about 3 inches in diameter on a waxed paper. This amount makes about 20 cakes. During the creaming process the nuts must be added before the mixture shows signs of hardening so they will be well mixed. As this candy is to be in the form of round cakes, and not in a mass, one must work quickly to keep the candy from hardening before the cakes are placed on the waxed paper.

OYSTERS SCALLOPED WITH RICE

3 cups cooked rice.
1 pint fresh oysters.
1 cup chopped celery.
2 tablespoons butter.

1 cup milk.
2 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Place alternate layers of rice, oysters, and celery in a baking dish. Pour over them a smooth, white sauce made by melting the butter, and blending with the flour, the salt, and the pepper, and adding the milk. Bake for 20 minutes.

ROCKS

$1\frac{1}{2}$ cups light brown sugar.
1 cup butter.
3 eggs, well beaten.
 $\frac{1}{2}$ teaspoon soda in a little hot water.
1 teaspoon cinnamon.

3 cups raisins, chopped.
1 cup English walnut meats, chopped.
 $2\frac{3}{4}$ cups flour.
 $\frac{1}{2}$ teaspoon salt.

Cream the butter and sugar and add the eggs. Sift the dry ingredients, reserving some flour to roll the raisins and nuts. Mix all together. Place by teaspoonfuls on a greased pan and bake in a hot oven. As flour varies so much, it would be wise to bake a sample, and if it runs add from $\frac{1}{8}$ to $\frac{1}{4}$ cup more flour. Sometimes however, when drop cakes spread out too much in baking the fault is that the oven is not hot enough rather than that the mixture is too soft. Drop cakes need a rather hot oven so that they set quickly and hold their shape. They also bake better on a baking sheet without high sides or on an inverted pan.

TOMATO ASPIC SALAD

- | | |
|---|--------------------------------------|
| 1½ envelopes or 3 tablespoons gelatin. | 1 tablespoon finely chopped parsley. |
| 1 quart canned tomatoes. | 1 cup very finely shredded cabbage. |
| 1 tablespoon finely chopped green pepper. | 1½ teaspoons salt. |
| 2 tablespoons finely chopped celery. | ½ teaspoon onion juice. |
| | ½ teaspoon sugar. |

Soak the gelatin in a small amount of water. Boil the tomatoes for 5 minutes and strain through a fine sieve to remove the seeds. Pour the hot tomato juice over the gelatin and stir until it is dissolved. Add the salt and the sugar and chill. When the gelatin mixture is partly set, add the finely shredded vegetables and mix well. Add more salt if needed. If the mixture is not tart enough, add a little lemon juice or vinegar. Pour into wet custard cups and place in the cold until set. Turn these molds out on crisp lettuce leaves and serve with mayonnaise.

PLUM PUDDING

- | | |
|---------------------------------------|----------------------------|
| 1 pound beef suet. | 1 cup cider. |
| 1 pound flour. | 2 teaspoons salt. |
| 1 pound sugar. | 4 teaspoons baking powder. |
| 9 eggs. | 6 teaspoons cinnamon. |
| 1 pound seeded raisins, chopped. | 4 teaspoons cloves. |
| 1 pound seedless raisins. | 4½ teaspoons mace. |
| ¾ pound citron, cut fine. | 3½ teaspoons nutmeg. |
| 1 cup pecan nut meats, cut fine. | 2½ teaspoons allspice. |
| 1 cup English walnut meats, cut fine. | |

Mix the ground suet with the sugar, fruit, nuts, and about ½ cup of the flour. Separate the eggs. Beat both yolks and whites well. Add egg yolks to the suet and sugar. Put in the fruit and nuts and then the cider. Sift together twice the spices, salt, baking powder, and flour. Add these dry ingredients to the first mixture. Then add the beaten whites of eggs.

Grease well tin cans of No. 2 size or pound baking powder cans and put in enough batter to fill them about three-quarters full. Steam for 3 hours. These ingredients will fill seven No. 2 cans. The pudding will keep for weeks if the cans are covered with paper or with the loose can tops. Before serving set the can in boiling water for about three-quarters of an hour, so that the pudding will heat through.

Hard sauce made of butter and sugar creamed together is good with this pudding. If a hard sauce that is a little different is desired use brown instead of white sugar and grate in the rind of an orange for flavoring. Any one of the

liquid or foamy sauces is also suitable with plum pudding. Some people like best of all to serve a spoonful of vanilla ice cream or mousse on the plate with the hot pudding.

CHRISTMAS CHICKEN

A plump fowl, weighing 4 to 6 pounds.	2 tablespoons chopped onion.
4 or 5 medium-sized potatoes.	2 tablespoons parsley.
1 cup raisins, without seeds.	Flour.
3 cups canned tomatoes.	Butter.
	Salt and pepper.

Simmer the fowl in a small quantity of salted water until tender. Remove from the broth. Set the fowl aside for stuffing. To the chicken broth add the canned tomatoes and the finely chopped mild onion. Let this sauce cook down. In the meantime prepare the stuffing by cooking and mashing the potatoes and adding to them the raisins and enough milk to make the mixture the stiffness of ordinary mashed potatoes. Stuff this, while still hot, into the body cavity and neck of the fowl. Crowd in all the stuffing possible. Pour a little melted butter over the chicken. Put it in the oven to brown. Thicken the tomato sauce to the consistency of a gravy and add 2 or 3 tablespoons of finely chopped parsley and green pepper, if desired. When the chicken and the surface of the potato stuffing have become delicately brown, place on a large hot platter. Pour part of the sauce around the chicken and serve at once.

GRAPEFRUIT SALAD

Peel the grapefruit, pull it apart into sections as you would an orange, and strip the skin and pith off of each section. Arrange the sections on crisp lettuce. Sprinkle with chopped nuts. Garnish with a little pimento. Serve with your favorite salad dressing.

CRANBERRY PUDDING SUPREME

$\frac{1}{2}$ cup butter.	$3\frac{1}{2}$ teaspoons baking powder.
$\frac{1}{2}$ cup sugar.	$\frac{1}{4}$ teaspoon salt.
1 egg.	1 cup milk.
$2\frac{1}{4}$ cups sifted flour.	1 cup raw cranberries or more.

Cream butter and sugar and add the well-beaten egg. Mix and sift the dry ingredients, saving out 2 tablespoons of flour for the cranberries. Add the dry ingredients to the first mixture alternately with the milk. Roll the cranberries in flour and add them last. Turn into a buttered mold, cover, and steam for 2 hours. After the pudding has steamed it may be placed in the oven to brown if desired.

SAUCE FOR CRANBERRY PUDDING SUPREME

1 cup sugar.	2 cups cranberries.
3 tablespoons cornstarch.	1 cup water.
$\frac{1}{2}$ teaspoon salt.	2 to 4 tablespoons butter.
2 cups boiling water.	

The 2 cups of cranberries and the 1 cup of water should make $1\frac{1}{2}$ cups of cranberry pulp. Mix the sugar, cornstarch, and salt. Add the 2 cups of boiling water, stir until thickened, and cook for 10 minutes in a double boiler. Cook the cranberries with 1 cup of water until soft. Press them through a fine sieve and add this pulp to the cornstarch mixture. Add the butter and serve hot over the hot cranberry pudding.

CHOCOLATE FUDGE

2 cups sugar (granulated or light brown.)	2 to 4 tablespoons butter.
2 to 4 squares of chocolate.	1 teaspoon vanilla.
$\frac{3}{4}$ cup milk or cream.	$\frac{1}{8}$ teaspoon salt.

Place the sugar, chocolate, and milk or cream on low heat and cook until the sugar is dissolved. Then continue to cook without stirring until the sirup forms a soft ball when a small amount is dropped into cold water. Remove the candy from the fire. Let it cool without stirring. When it is lukewarm, add butter, salt, and vanilla. Beat until creamy. Then quickly turn into a buttered pan. When firm cut in squares; or, if preferred, drop it by teaspoonfuls on waxed paper.

To vary the recipe, add a cupful of chopped nuts, raisins, or marshmallows just before the fudge is ready to pour into the buttered pan.

CHOCOLATE DROP COOKIES

$\frac{1}{2}$ cup butter.	$1\frac{1}{2}$ cups sifted flour.
1 cup sugar.	2 teaspoons baking powder.
1 egg.	$\frac{1}{4}$ teaspoon salt.
$\frac{1}{2}$ cup milk.	1 cup chopped nuts.
2 squares chocolate.	

Melt the chocolate and add the butter and sugar. Add the egg without beating and the milk. Use 2 tablespoons of the flour to coat the chopped nuts. Then add the nuts and the sifted dry ingredients to the liquid mixture. Stir this thoroughly and add the vanilla. Drop the batter by teaspoonfuls on a greased baking sheet or an ordinary baking pan, inverted. Bake in a quick oven (about 375° to 400° F.). If desired, spread the cookies while hot with white or chocolate frosting, so the tops are covered with a thin coating of the icing.

APRICOT AND PINEAPPLE JAM

1 pound dried apricots.
 2 No. 3 cans of sliced pineapple.
 3 $\frac{3}{4}$ cups sugar.

Wash the apricots thoroughly. Soak them overnight in 1 pint of water. In the morning chop the apricots and add 1 cup of the sugar. Drain the pineapple, cut it in small pieces, and cook with the remaining 2 $\frac{2}{3}$ cups of sugar for 20 minutes. Add the apricots and cook for 25 minutes. The pineapple holds its shape, but the apricots soften, and the mixture has the consistency of thick jam. Seal while hot in clean sterilized jars. This recipe makes a little over 3 pints.

VANILLA FROSTING

1 cup sugar.
 4 tablespoons cold water.
 1 egg white.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon vanilla.

Put the sugar, water, and unbeaten egg white into the upper part of a double boiler. Have the water in the lower part boiling. Commence beating the mixture with a Dover beater at once and beat constantly while it cooks for about 7 or 8 minutes. It should then look just like ordinary boiled frosting and should be almost thick enough to spread. Take it from the stove and continue to beat about 5 minutes or until it has thickened. This is sufficient to ice a three-layer cake on the tops.

If the icing is not sufficiently cooked place it in the double boiler and recook for a short time; or, if it is too stiff, add a small quantity of water and cook again.

CHOCOLATE FROSTING

Melt 2 $\frac{1}{2}$ ounce squares of chocolate and pour into the vanilla frosting just before removing it from the stove. Beat until thick and then spread.

CARAMEL FROSTING

Caramelize $\frac{1}{2}$ cup of sugar; then add a few tablespoons of boiling water. A thin dark sirup should result. Substitute about 2 tablespoons of this sirup in place of 2 tablespoons of water or such amount as will produce the desired flavor, and continue as in vanilla frosting.

MENUS FOR JANUARY

NEW YEAR'S DINNER NO. 1

Baked ham.

Fried pineapple (p. 54).

Baked white or sweet potatoes.

Green vegetable salad.

Upside-down apple cake (p. 30).

NEW YEAR'S DINNER NO. 2

Roast lamb (p. 6).

Peas, fresh or canned.

Mint or currant jelly.

Roast potatoes, or scalloped parsnips (p. 34).

Red cabbage salad or slaw.

Cranberry pie.

NEW YEAR'S DINNER NO. 3

Rabbit pie with carrots (p. 28).

Turnips

Celery

Panned kale (p. 54).

Cinnamon apples (p. 21).

Cookies

OTHER DINNERS

Boiled dinner (p. 56).

Corn bread (p. 65) muffins, or crusty rolls.

Hot gingerbread with cream cheese, date, and
nut filling (pp. 60 and 57).

Vegetables cooked with pork (p. 12).

Sour pickles.

Rolls and butter.

Canned fruit.

Orange drop cookies (p. 61).

Chicken rizotto (p. 61).

Carrots in parsley butter (p. 62).

Lettuce or cabbage salad.

Apple dumplings with sauce (p. 7).

Scalloped salmon (p. 63).

Baked onions.

Peas.

Peach shortcake.

- Pork chops.
 - Quick-cooked turnips.
 - Mashed potatoes.
 - Jelly or pickle.
 - Baked apples and cookies.
- Pickled pigs' feet (p. 40).
 - Sauerkraut.
 - Baked sweet potatoes.
 - Corn bread (p. 65).
 - Dried stewed apricots and cake.
- Fried oysters (p. 66).
 - Sour relish or crisp celery.
 - Baked potatoes.
 - String beans.
 - Pineapple and orange salad.
- Cold ham.
 - Potato salad (p. 66).
 - Cranberry muffins (p. 42).
 - Ginger cookies.
- Corn fritters (p. 66).
 - Glazed onions (p. 67).
 - Scalloped tomatoes.
 - Pickle or sour relish or lettuce salad.
 - Jellied prunes.

LUNCHEES OR SUPPERS

- Cabbage, spaghetti, and cheese (p. 62).
 - Fried potatoes.
 - Canned peaches.
 - Brownies (p. 62).
- Corn pudding, made with canned or dried corn (p. 63).
 - Celery and apple salad (p. 12).
 - Graham muffins (p. 64) and butter.
 - Cocoa.
- Quick turnip soup (p. 63) with croutons.
 - Chopped meat sandwiches.
 - Hot gingerbread with cheese filling (pp. 12 and 57).
- Corn chowder (p. 57).
 - Dried beef toasted sandwiches (p. 57).
 - Apple salad (p. 40).
 - Ginger cookies.
- Onion soup au gratin (65).
 - Vegetable salad (p. 40).
 - Canned or stewed dried fruit.

FRIED PINEAPPLE

Drain slices of canned pineapple and brown them very slowly in a heavy skillet in a mixture of butter and lard or other cooking fat. If just butter is used, the slices will scorch very easily and must be watched closely.

PANNED KALE

Strip the kale from the midribs and discard them and the stringy portions. Wash the kale thoroughly in several waters and cut it into small pieces. For each quart of kale allow two tablespoons of butter or other fat. Melt the fat in a skillet, add the kale, and cover the skillet to keep in the steam which forms when the juices of the kale are drawn out by heat. The kale will be done in from 10 to 20 minutes. Sift a teaspoon of flour over the greens, mix well, pour in $\frac{1}{2}$ cup of cream or milk, and stir until thickened. Season with salt and pepper.

BREAD PUDDING

4 cups milk.
1 cup stale diced bread.
1 cup sugar.
4 eggs.

$\frac{1}{4}$ cup butter (melted).
 $\frac{3}{4}$ cup seedless raisins.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon vanilla.

Separate the eggs, reserving the whites for the meringue. Beat the yolks and add the milk, slightly warmed, the sugar, raisins, salt, and vanilla. Grease a pudding dish or any flat pan and put in a layer of the diced bread; pour the custard mixture over the bread and add the melted butter. Bake in a pan surrounded by water in a slow oven. When the custard mixture is set in the center, remove the pudding from the stove. Let cool slightly and cover with the meringue made by beating the egg whites until stiff and adding 4 tablespoons of sugar, a little salt, and $\frac{1}{2}$ teaspoon of vanilla. Return to the oven and allow the meringue to heat slowly until a golden brown. Serve the pudding hot or cold.

BEEF CROQUETTES

1 pound upper round, or other lean beef.
1 cup mashed potato, seasoned, or
1 cup thick cream sauce.
1 teaspoon salt.

$\frac{1}{2}$ medium-sized onion, grated.
1 egg.
1 tablespoon parsley, chopped.
Bread crumbs.

Simmer the meat in a small amount of water until tender. Then grind the meat, using the fine knife of the grinder. Add the other ingredients, but reserve the egg for dipping. Mix well. Form the meat into balls or mold into oblong or

cone shapes. Dip into the beaten egg which has been well mixed with 1 tablespoon of water. Roll in finely sifted bread crumbs and place on a pan or board. Let stand for an hour or longer for the egg coating to dry. If the cream sauce is used as the binder, make it from 3 tablespoons flour and 1 cup milk.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in 40 seconds. Then carefully place the croquettes in a wire basket, lower them slowly into the fat, and cook until a golden brown. As the croquettes are removed put them on a paper to absorb the excess fat and keep warm in the oven until all are prepared. Serve with a garnish of parsley and tomato sauce.

For an oven-browned instead of a fried croquette, use $1\frac{1}{2}$ instead of 1 cup of cream sauce in the mixture. This is a little more difficult to mold. Shape the croquettes as described, dip them in egg and crumbs, and place them on a greased pan to brown in a hot oven.

CHICKEN SALAD

A fowl weighing about 5 pounds,	1 sliced onion.
or 2 smaller fowls.	Salt.
3 bunches celery.	Mayonnaise dressing.
1 cup mild vinegar.	Lettuce.

Simmer the chicken until tender in a small quantity of water. When about half done, add a teaspoon of salt. Let the chicken cool in the broth. After it is cold remove the skin, strip the meat from the bones, and cut it into small pieces of even size. In the meantime allow a few slices of onion to soak in a cup of mild vinegar to give the vinegar a slight onion flavor. Remove a cup of chicken fat from the cold broth and mix with this vinegar. Pour this mixture over the chicken, adding more salt and vinegar if needed to season it well. A few drops of tabasco improves it. Let this stand, or marinate, for several hours, or overnight. Cut the celery stalks and some of the tender leaves into small pieces and let it stand in a cold place until it is crisp. Mix enough thick, well-seasoned mayonnaise dressing with the chicken to coat the pieces well. Shortly before the salad is to be served, add the celery and more mayonnaise if needed. Stir the mixture lightly so as not to break up the chicken. Add still more salt if needed. Pile the salad lightly on crisp lettuce and serve at once.

If desired, add $\frac{1}{4}$ cup of capers when the celery and chicken are combined. Hard-cooked eggs may be used as a garnish or cut in pieces and mixed with the chicken to make it go further.

MACAROONS

2 egg whites.	1/8 teaspoon salt.
1 cup sugar.	1 cup shredded coconut.
2 cups of a flaked toasted breakfast food.	Almond flavoring.

Beat egg whites with the salt until stiff. Add the sugar and beat thoroughly. Fold in the coconut and toasted flakes which have been crushed in the hands. Add the flavoring. Place by teaspoonfuls on oiled paper and bake in a moderate oven for about 20 minutes, or until delicately browned and well set. This recipe makes about 2 dozen macaroons.

PRUNE WHIP

1/2 pound prunes.	1/4 teaspoon salt.
1 cup water.	1 tablespoon lemon juice or more.
1/2 cup sugar.	5 egg whites.

Wash the prunes through several waters until thoroughly clean. Place in a bowl with the water to soak overnight. In the morning cook the prunes in the water in which they have soaked for 15 minutes or until tender. Press through a colander. Measure the pulp and juice. There should be one cupful. Place the pulp with the sugar over the heat and stir until the sugar is dissolved. Cool. Whip the whites of the eggs until very light. Add the salt and the prune pulp in small amounts until all of it has been mixed with the whites of eggs, whipping always in the same way.

Pile the mixture lightly in a greased baking dish surrounded by water, and place in the oven. Bake at a temperature from 250° to 275° F. for 50 to 60 minutes.

When baked at this low temperature for this length of time, the pudding should not fall after cooling. Serve with custard sauce made from the yolks of the eggs.

BOILED DINNER

4 pounds corn beef.	5 medium carrots, cut in half.
4 quarts water.	3 potatoes, large, cut in halves or quarters.
3 large onions, cut in half.	1/2 head cabbage, medium, cut in eights.
2 large turnips, cut in quarters.	
3 parsnips.	

Select a good piece of beef and cover it with 4 quarts of cold water. Allow the water to come to the boiling point and then discard it. Cover the meat again with 4 more quarts of water and let it simmer until tender. Take the meat out of the water. If the liquid is too salty, pour off part of it and add sufficient fresh water to have at least

three pints of well-flavored broth. The vegetables are added at different times, depending upon the time needed to cook them tender. Add the onions first, then 20 minutes later the turnips, parsnips, carrots, and potatoes. Fifteen minutes before these vegetables are done, add the cabbage, which has been cleaned and cut in sections. Serve the boiled dinner on a large platter, with the meat in the center and the vegetables drained and placed neatly around it. The advantage of this method of cooking is to have the vegetables tender and yet not overcooked, as is sometimes the case in a boiled dinner.

CHEESE FILLING FOR GINGERBREAD

2 Neufchâtel or cream cheeses.	½ teaspoon salt.
2 cups chopped dates.	
1 cup chopped nuts.	

Mash the cheese and mix with it enough cream to give it the consistency of a soft filling. Add the dates, nuts, and salt, and mix well. Split open a thick loaf of hot gingerbread, spread the cheese mixture on the lower half, replace the upper part and press it down lightly. The quantity of cheese filling given here is enough for a loaf of gingerbread about 8 by 10 inches. Serve the gingerbread at once while still hot.

CORN CHOWDER

1 pint milk.	1 onion, or more if desired.
1 pint boiling water.	
2 cups canned corn.	
2 tablespoons salt pork, diced.	

Salt.
Pepper.

Cut the pork into small pieces and chop the onion. Boil the diced potatoes in the pint of boiling water for 15 minutes. Fry the salt pork and onion for 2 minutes and add these and the corn to the potatoes. Cook until the potatoes are done. Add the milk and season to taste with salt and pepper. Bring the mixture to the boiling point. Serve very hot in soup dishes and place two or three crackers in the dish before pouring in the hot chowder.

DRIED BEEF TOASTED SANDWICHES

Heat the beef until the edges curl in a skillet in melted butter. Cut the bread rather thin and toast it on one side. Butter the untoasted side and add the dried beef. Press the slices together and serve at once.

CHEESE DRESSING FOR SALADS

1 Neufchâtel or cream cheese.
 $\frac{1}{2}$ cup salad oil.
 3 to 4 tablespoons lemon juice.
 $\frac{1}{2}$ teaspoon salt.

Tabasco sauce, onion juice, a bit
 of garlic or grated horseradish
 for seasoning.

Mash up the cheese, add the oil, and beat with a Dover egg beater. The mixture curdles at this point, but add the other ingredients and continue to beat until the mixture is smooth and creamy. Use this dressing in the same way as mayonnaise or any other salad dressing. For fruit salads it is particularly delicious if whipped cream is added.

BOILED RICE

Wash the rice thoroughly to remove all loose starch. A good rule is to wash the rice in several waters or in a stream from the faucet, until the water runs clear. Have ready a large kettle of boiling water lightly salted. Four or five quarts of water to 1 cup of rice is the best proportion for flaky boiled rice. Drop the rice in slowly. Allow it to boil rapidly for 20 to 25 minutes, or until the grains are soft to the center when pressed between the thumb and forefinger. If the rice tends to stick, lift it from time to time with a fork, but do not stir the rice. Stirring breaks the grains and makes the cooked rice pasty. As soon as the grains are soft to the center take the rice off the stove and drain in a colander. Cover the colander with a cloth and place it in the oven; or, if the oven is not hot, set the colander over a saucepan of hot water on the back of the stove and cover the colander with a cloth. This gives the rice grains a change to dry off and swell to their utmost.

If you have no suitable kettle that holds 4 or 5 quarts of water you can cook 1 cup of rice successfully in 2 quarts. Watch it carefully, and when you turn the cooked rice into the colander to drain, pour hot water through it to wash off the surplus starch that sticks to the grains. Then cover the colander and let the rice dry off and swell as already described.

CABBAGE SALAD WITH WHIPPED CREAM DRESSING

3 cups shredded green cabbage.
 $\frac{1}{2}$ pint double cream.
 4 tablespoons lemon juice.
 12 drops tabasco.

$1\frac{1}{2}$ teaspoons salt.
 $1\frac{1}{2}$ teaspoons sugar.
 Scraped onion.
 3 tablespoons ground horse-radish.

Whip the cream, add the seasoning to it, and combine with the cabbage just before serving. If the cream is added to the cabbage and allowed to stand, the juices are drawn from

the cabbage and the dressing becomes too thin. Serve the salad very cold. This is very attractive served in a hollowed-out head of red or curly green cabbage.

FROZEN CREAM CHEESE WITH FRUIT

2 Neufchâtel or cream cheeses.
1 cup double cream.
 $\frac{1}{4}$ cup milk.
 $1\frac{1}{4}$ cups powdered sugar.
 $\frac{1}{4}$ teaspoon salt.

$\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{2}$ cup chopped canned pineapple,
preserved cherries, dates, figs, or
raisins.

Break up the cheeses and mix the milk with them. Add the sugar, salt, and chopped fruit and vanilla, and mix thoroughly. Whip the cream until it is stiff and fold in the cheese mixture. Pour into a mold, pack in crushed ice and salt, and let stand for 3 or 4 hours to freeze. Pound baking-powder tins lined with tough white paper make suitable molds. Serve the frozen cheese in slices with or without a garnish of the chopped fruit; or, if preferred, leave the chopped fruit out of the mixture and serve it as a garnish on top. A whole preserved fig on a round of the frozen cheese is a particularly attractive combination.

This same mixture, unfrozen, is also an excellent filling for charlotte russe made with lady fingers or sponge cake.

CHEESE SANDWICH FILLINGS

1. Mix equal quantities of Neufchâtel or cream cheese with chopped olives, pimentos, and nuts, or any one or two of these. Add salt and a little onion juice, if liked. Spread on slices of white or graham bread.

2. Mix the cheese with finely chopped dill pickle, chow-chow, chili sauce, or any other desired pickle mixture. Use as sandwich filling or as a spread on crackers.

3. Into the soft cheese, work finely chopped parsley, watercress, lettuce, spring onions, celery, or any other salad vegetable. Add salt and any other seasoning desired, such as onion or lemon juice.

4. Wash prunes, dates, raisins, or dried figs or apricots, and put them through the food chopper, using the fine knife. Mix the ground fruit with about twice as much cheese. Add a little salt and chopped nuts if desired. This filling may also be served on crackers for afternoon tea.

5. Finely chopped pineapple mixed with the cheese makes an excellent spread for sandwiches, or for toasted bread or crackers for afternoon parties.

6. Spread slices of bread rather thickly with Neufchâtel or cream cheese. On one of them put a layer of jam or jelly. Press the slices of bread together. These sandwiches are also excellent toasted.

7. Spread the cheese, Neufchâtel or cream, on crisply toasted crackers. Leave a hollow in the center of the cheese. Drop into this a bit of preserved fruit or jelly. These give a festive touch to the tea table and can be prepared very quickly. Do not combine the cheese and crackers until a short time before serving, as the cheese softens the crackers.

CHEESE SALADS

Peaches, pears, or cherries combine well with cream or Neufchâtel cheese. Fill the hollows of canned peaches or pears with cheese, plain, or mixed with nuts, dried fruits, or one of the chopped salad vegetables. Serve on lettuce with salad dressing.

Make a little mound of the cheese on the lettuce and put slices of peaches or pears around it. Large white canned cherries with the pits removed or stewed dried apricots may also be combined with the cheese.

HONOLULU SALAD

Arrange slices of raw or canned pineapple on lettuce, and into the center of each slice drop a ball made of Neufchâtel or cream cheese mixed with chopped nuts or green pepper or pimento and seasoned with salt. To vary this salad, after the pineapple slices are arranged on the lettuce, cover them with the cheese pressed through a potato ricer, and sprinkle on a little salt and paprika.

VEGETABLES COOKED WITH PORK

1 pound lean pork.
6 tablespoons butter.
4 tablespoons chopped onion.
4 tablespoons chopped green pepper.

1 cup chopped celery.
2 quarts cabbage cut in strips.
1 teaspoon salt.

Chop the pork, brown it in the butter, add the chopped onion, green pepper, celery, and cabbage, and let them brown a little in the hot fat. Then add a small quantity of water and let the meat and vegetables simmer for about 15 minutes. The vegetables should then be tender but still crisp and fresh-looking. Season with salt and pepper and serve at once.

ORANGE DROP COOKIES

2 cups of flour.	2 eggs.
1 cup sugar.	4 teaspoons baking powder.
4 tablespoons butter.	2 tablespoons grated orange
$\frac{1}{2}$ teaspoon salt.	rind.
4 tablespoons orange juice.	

Cream together the grated rind of the orange and the butter. Gradually beat in the sugar, the beaten eggs, and the orange juice. Add the flour and baking powder which have been mixed together. Drop the batter by teaspoonfuls onto a greased baking sheet or an inverted pan and bake in a quick oven.

MASHED CARROTS

8 to 10 medium-sized carrots.	Cream or rich milk.
2 to 4 tablespoons butter.	$\frac{1}{2}$ teaspoon salt.

Wash and scrape the carrots, cut in small pieces, and cook in a small amount of boiling salted water. When the carrots are tender, press them through a sieve or a potato ricer. Add enough cream or top milk to make a creamy consistency. Add the butter, and $\frac{1}{4}$ teaspoon of sugar, if desired. Reheat and serve hot.

APPLE-SAUCE CAKE

1 cup sugar.	$\frac{1}{2}$ teaspoon cinnamon.
$\frac{1}{2}$ cup shortening.	$\frac{1}{4}$ teaspoon nutmeg.
1 cup apple sauce (unsweetened).	$2\frac{1}{2}$ cups sifted flour.
1 cup raisins (chopped).	1 teaspoon soda mixed with 2
2 tablespoons flour.	tablespoons water.
$\frac{1}{2}$ teaspoon cloves.	$\frac{1}{2}$ teaspoon salt.

Cream the sugar and shortening, add the apple sauce and the soda which has been dissolved in the water. Mix and sift the dry ingredients and add them, with the floured raisins, to the first mixture. Beat well, pour into a greased pan, and bake in a moderate oven (300° to 350° F.) for about 1 hour.

Tart apples should be used for the sauce. It should be cooked down so that it is not watery and put through a colander to make it smooth. No sugar should be added to the apple sauce.

CHICKEN RIZOTTO

Pick the meat from the bones of left-over cooked chicken. Stew the bones in enough water to make a quart of broth, adding any left-over gravy or sauce that will furnish chicken flavor. In a large skillet cook slowly in 2 tablespoons of butter an onion which has been minced finely. Do not let

the onion brown. To this add the quart of chicken broth. When it boils up rapidly, sprinkle in slowly $\frac{3}{4}$ cup of rice which has been washed free of surface starch. Cover the skillet. Allow the rice to simmer in the broth for about 25 minutes or until the grains swell and become soft. Shake the skillet from time to time to keep the rice from sticking, but do not stir it unless absolutely necessary. By the time the rice is done it will have absorbed practically all the broth, and the grains will be large and separate. Then add the small pieces of chicken which were picked from the bones, turn the mixture onto a hot platter, and sprinkle it generously with grated cheese. The Italians use Parmesan cheese, but any of the American varieties hard enough to grate will be satisfactory.

CARROTS IN PARSLEY BUTTER

8 or 10 medium-sized carrots.
 $\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ teaspoon salt.

1 or 2 tablespoons lemon juice.
 1 tablespoon finely chopped parsley.

Wash and scrape the carrots and cut them in slices or dice. Cook them in a small amount of boiling salted water until tender, or for about 10 or 15 minutes. Melt the butter, add the lemon juice and the parsley. Pour over the carrots and serve at once.

CABBAGE, SPAGHETTI, AND CHEESE

4 cups shredded cabbage.
 2 cups cooked spaghetti.
 2 cups milk.
 4 tablespoons flour.

4 tablespoons butter.
 $\frac{1}{2}$ pound American cheese.
 1 teaspoon salt.

Cook the spaghetti in boiling salted water until tender. Make a sauce of the flour, butter, milk, and salt. Shave up the cheese and add it to the hot sauce. Put the cabbage, spaghetti, and sauce in a buttered baking dish in layers and cover the top with buttered bread crumbs. Cook for 20 to 30 minutes in a moderate oven.

BROWNIES

$\frac{1}{2}$ cup butter.
 2 ounces or squares unsweetened
 chocolate.
 2 eggs.
 1 cup finely chopped nuts.

1 cup flour.
 1 cup sugar.
 1 teaspoon baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon vanilla.

Melt the butter and chocolate together. Beat the eggs lightly, add the sugar, and stir until it dissolves, and add the chopped nuts which have been mixed with the flour. Stir in the melted butter and chocolate after they have cooled.

Pour into a warmed pan which has been greased and lined with greased paper. Spread the mixture evenly and bake in a moderate oven (325° to 375° F.) for 40 or 45 minutes. Turn from the pan and remove the paper from the cake while it is hot. If this is not done, the paper will stick. Cut the cake into strips a little more than 1 inch wide and about 3 inches long. Brownies will keep fresh for some time in a tin box.

SCALLOPED SALMON

Can salmon.
White sauce.
Buttered bread crumbs.

For the white sauce, use these proportions: One cup of milk, 2 tablespoons flour, 2 tablespoons fat, about $\frac{1}{4}$ teaspoon salt, and a speck of pepper. Place a layer of the salmon in the bottom of the greased baking dish. Pour some of the sauce over the salmon. Add another layer of salmon, then more sauce. Cover the top with buttered bread crumbs. Bake until the sauce bubbles and the crumbs are brown.

QUICK TURNIP SOUP

4 cups milk.	1 tablespoon flour.
2 cups grated raw turnip.	2 tablespoons butter.
$1\frac{1}{4}$ teaspoons salt.	$\frac{1}{2}$ teaspoon parsley, cut very
$\frac{1}{2}$ teaspoon grated onion.	fine.

Heat the milk in a double boiler, add the flour and butter, which have been well blended, then the turnip, the onion, and the salt. Cook until the turnip is tender, or for about 10 minutes. Sprinkle the parsley in the soup just before serving.

With this soup, serve toasted cubes of bread or croutons. An easy way to make croutons is to spread slices of bread lightly with butter. Cut each slice into strips, then into cubes. Brown the cubes in the oven.

CORN PUDDING

2 cups canned corn, or dried	$1\frac{1}{4}$ teaspoons salt.
corn soaked and cooked.	3 eggs.
2 tablespoons melted butter.	2 cups milk.

Beat the eggs and mix all the ingredients. Pour into a buttered baking dish and place in the oven in a pan con-

taining boiling water. Bake the corn custard slowly until it is entirely set to the center in a moderate oven (350°F.). Corn, canned Maine style—that is, with the grain scored and the pulp scraped out—is especially good for use in this kind of a dish.

GRAHAM MUFFINS

1 cup milk.	1 egg.
1½ cups coarse Graham flour or	2 tablespoons baking powder.
1¾ cups more finely ground	1 to 2 tablespoons sugar.
Graham.	½ teaspoon salt.
2 to 4 tablespoons fat.	

Do not sift the Graham flour before measuring. Mix all the dry ingredients thoroughly. Beat the egg slightly and add it to the milk. Stir the combined milk and egg into the dry ingredients. Add the melted butter or other fat last. Bake the muffins in a hot oven (about 400° to 425° F.).

CHOCOLATE PUDDING

4 cups milk.	½ teaspoon salt.
1½ squares chocolate.	1 egg.
½ cup sugar.	1 teaspoon vanilla.
6 level tablespoons cornstarch.	

Mix the cornstarch and sugar intimately. Melt the chocolate and heat it with the milk and salt in a double boiler. Pour some of this warm milk into the cornstarch and sugar. Return it to the double boiler, stirring until thickened; then cover and cook for about 20 minutes. Beat the egg until light, and after pouring the hot pudding into it, beat well again. Add the vanilla and pour at once into a wet mold. Chill thoroughly. Serve with a soft custard, cream, or whipped cream.

CHOCOLATE PIE

2 cups milk.	2½ tablespoons cornstarch.
1 square chocolate, unsweetened.	¼ teaspoon salt.
2 eggs.	1 teaspoon butter.
6 tablespoons sugar.	½ teaspoon vanilla.

Melt the chocolate over steam and pour into it the scalded milk. Mix the cornstarch and the sugar and add them to the hot milk and beat until smooth. Allow the cornstarch mixture to cook in the double boiler for 10 minutes, remove from the fire, add the butter, salt, and the beaten egg yolks, and the vanilla.

Fill a prebaked piecrust with the mixture and cover the top with a meringue made of 2 egg whites beaten stiffly, 2

tablespoons sugar, $\frac{1}{4}$ teaspoon vanilla, and a pinch of salt. Bake the pie in a slow oven for about 20 minutes or until the meringue is brown.

CORN BREAD

2 cups corn meal.	2 teaspoons salt.
2 cups sour milk.	2 eggs.
$\frac{1}{2}$ teaspoon soda.	2 tablespoons melted butter.
2 teaspoons baking powder.	

Sift the dry ingredients. Add the milk and the soda which has been dissolved in a small quantity of hot water. Add the well-beaten eggs and the butter. Pour into a very hot, well-buttered pan. Bake from 40 to 50 minutes at a temperature from 400° to 450° F.

ONION SOUP AU GRATIN

3 cups meat broth.	2 tablespoons cold water.
6 medium sized onions, chopped.	Pepper.
$1\frac{1}{2}$ teaspoons salt.	Toast.
4 tablespoons flour.	Cheese.

Cook the chopped onions in a small amount of water until tender. Add 2 tablespoons of fat from the meat broth or the same quantity of butter and let the onions cook down in this until they are yellow. Mix them with the meat broth and thicken with the flour and cold water which have been well blended. Cook for a few minutes. Pour the soup into bowls or soup plates, place on top a round or slice of toasted bread, and sprinkle grated cheese over the bread and soup. Serve at once.

FRIED OYSTERS

Select large oysters for single fries. Drain the oysters and look them over carefully for small pieces of shell. Have finely sifted stale bread crumbs seasoned with salt and, lightly, with pepper. Dip the oysters in a well-beaten egg to which 1 tablespoon of cold water has been added and roll them in the seasoned crumbs. Place the oysters on a pan or board and allow them to stand until the egg and bread coating has hardened.

Heat in an iron kettle any desired fat until hot enough to brown a bread crumb in 40 seconds. Then carefully place the oysters in a wire basket, lower them in the fat slowly, and cook until golden brown. As the oysters are removed put them on paper to absorb the excess fat and keep warm until all are prepared.

POTATO SALAD

4 medium sized potatoes.
1 cup finely cut celery.
1½ teaspoons salt.

1 teaspoon grated onion or more.
¼ cup chopped pickle.
1 cup cooked salad dressing.

Cook the potatoes in their jackets in boiling salted water. As soon as the potatoes are tender, but not soft, drain them and remove the skins. When they are cold cut the potatoes in small uniform cubes and pour over them the salad dressing while it is hot. The potatoes absorb the hot dressing and have a better flavor. When cool add the celery, and, if desired, cucumber and green pepper, also cut into small pieces. Mix together lightly to avoid breaking the potatoes and making them mushy. Chill thoroughly and serve on crisp lettuce leaves.

CORN FRITTERS

1 cup liquid, either juice from
canned corn or milk, or the
two mixed.
1 cup drained canned corn.
1¾ cups sifted soft-wheat flour.

1 tablespoon melted fat.
1 egg.
2 teaspoons baking powder.
¾ teaspoon salt.

Mix the flour, baking powder, and salt. Mix the juice from the canned corn or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

GLAZED ONIONS

10 medium-sized onions.
¼ cup sugar.
2 tablespoons melted butter.

Peel the onions and boil whole in salted boiling water until fairly tender, from 20 to 30 minutes. Mix the sugar and butter together and spread over the sides and bottom of the baking dish or pan. Drain the onions and place them in the pan and bake in a moderate oven until brown, increasing

tablespoons sugar, $\frac{1}{4}$ teaspoon vanilla, and a pinch of salt. Bake the pie in a slow oven for about 20 minutes or until the meringue is brown.

CORN BREAD

2 cups corn meal.	2 teaspoons salt.
2 cups sour milk.	2 eggs.
$\frac{1}{2}$ teaspoon soda.	2 tablespoons melted butter.
2 teaspoons baking powder.	

Sift the dry ingredients. Add the milk and the soda which has been dissolved in a small quantity of hot water. Add the well-beaten eggs and the butter. Pour into a very hot, well-buttered pan. Bake from 40 to 50 minutes at a temperature from 400° to 450° F.

ONION SOUP AU GRATIN

3 cups meat broth.	2 tablespoons cold water.
6 medium sized onions, chopped.	Pepper.
$1\frac{1}{2}$ teaspoons salt.	Toast.
4 tablespoons flour.	Cheese.

Cook the chopped onions in a small amount of water until tender. Add 2 tablespoons of fat from the meat broth or the same quantity of butter and let the onions cook down in this until they are yellow. Mix them with the meat broth and thicken with the flour and cold water which have been well blended. Cook for a few minutes. Pour the soup into bowls or soup plates, place on top a round or slice of toasted bread, and sprinkle grated cheese over the bread and soup. Serve at once.

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POTATO SALAD

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|--------------------------------|-----------------------------------|
| 4 medium sized potatoes. | 1 teaspoon grated onion or more. |
| 1 cup finely cut celery. | $\frac{1}{4}$ cup chopped pickle. |
| $1\frac{1}{2}$ teaspoons salt. | 1 cup cooked salad dressing. |

Cook the potatoes in their jackets in boiling salted water. As soon as the potatoes are tender, but not soft, drain them and remove the skins. When they are cold cut the potatoes in small uniform cubes and pour over them the salad dressing while it is hot. The potatoes absorb the hot dressing and have a better flavor. When cool add the celery, and, if desired, cucumber and green pepper, also cut into small pieces. Mix together lightly to avoid breaking the potatoes and making them mushy. Chill thoroughly and serve on crisp lettuce leaves.

CORN FRITTERS

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|--|------------------------------|
| 1 cup liquid, either juice from
canned corn or milk, or the
two mixed. | 1 tablespoon melted fat. |
| 1 cup drained canned corn. | 1 egg. |
| $1\frac{3}{4}$ cups sifted soft-wheat flour. | 2 teaspoons baking powder. |
| | $\frac{3}{4}$ teaspoon salt. |

Mix the flour, baking powder, and salt. Mix the juice from the canned corn or milk, or whatever liquid is used, the egg after it has been beaten slightly, and the canned corn. Stir this liquid mixture gradually into the dry ingredients. Add the melted fat. If the corn is very moist, even after the liquid has been drained from it, more flour may be needed. Dried corn which has been soaked and cooked until tender may also be used.

Fry the corn fritters in deep fat or, if preferred, in a skillet in shallow fat. In either case drop the mixture by spoonfuls into the fat and fry rather slowly. The fritters need time to cook through to the center before the outside becomes too brown. Drain the fritters on absorbent paper and serve hot.

GLAZED ONIONS

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| $\frac{1}{4}$ cup sugar. |
| 2 tablespoons melted butter. |

Peel the onions and boil whole in salted boiling water until fairly tender, from 20 to 30 minutes. Mix the sugar and butter together and spread over the sides and bottom of the baking dish or pan. Drain the onions and place them in the pan and bake in a moderate oven until brown, increasing

the heat toward the last. Water cooks out of the onions, and the browning process is rather slow. When finished, the onions should have a rich brown glaze.

LEMON MERINGUE PIE

1 cup cold water.

$\frac{3}{4}$ cup sugar.

3 tablespoons cornstarch.

3 egg yolks.

4 tablespoons lemon juice.

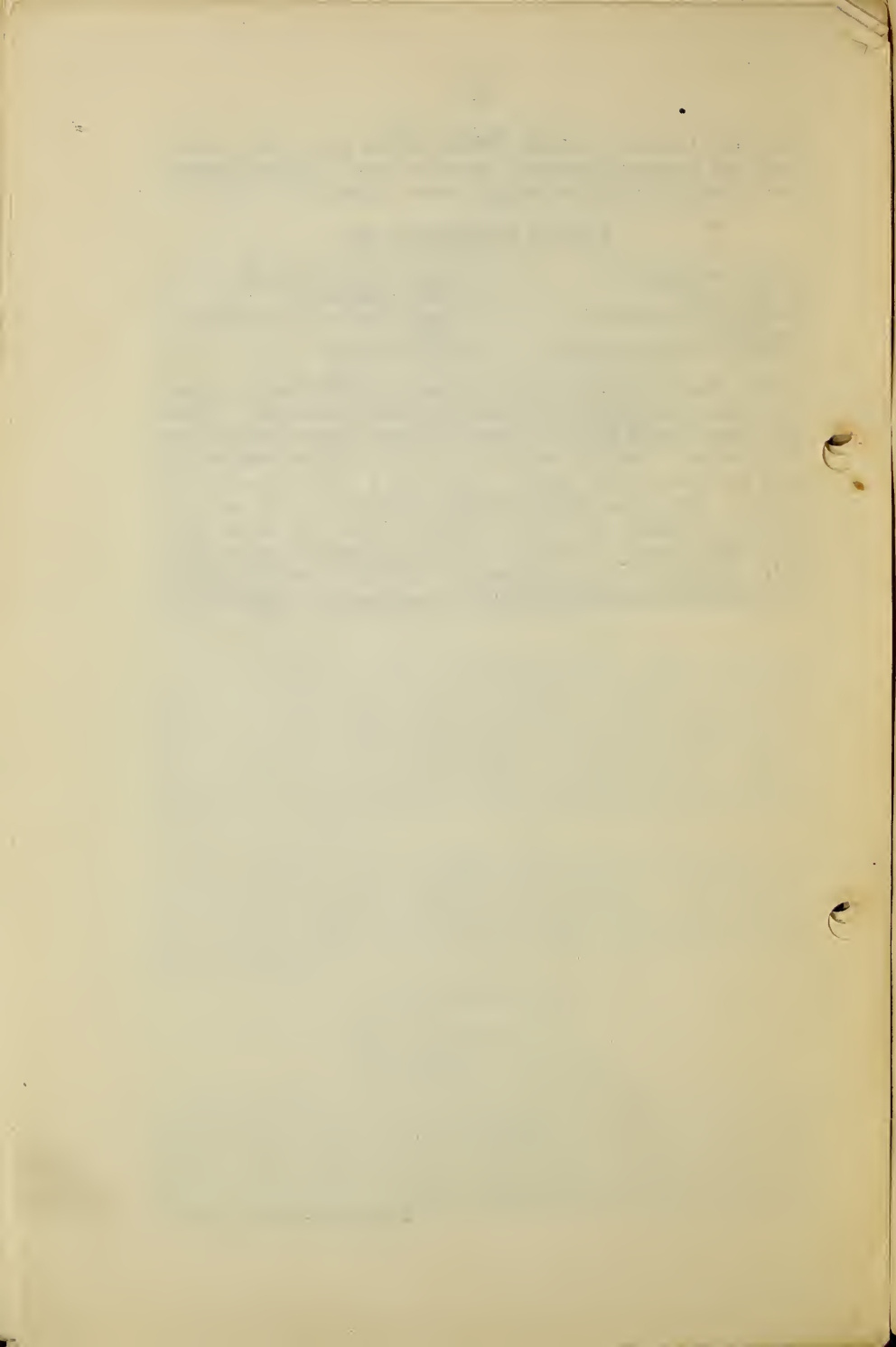
Grated rind of $\frac{1}{2}$ lemon.

1 tablespoon butter.

3 egg whites and 3 tablespoons sugar.

$\frac{1}{8}$ teaspoon salt

Mix the cornstarch, the cold water, and the salt, place over the fire, and stir constantly until thickened. Place over steam until the cornstarch is thoroughly cooked—about 10 minutes. Add the sugar, lemon juice and rind, the butter, and the beaten egg yolks. Cook for 1 or 2 minutes over steam. Pour this mixture into a cooked pastry shell and cover the filling with the meringue made by thoroughly beating the egg whites and adding the sugar and a little salt. Bake at a low temperature (250° F.) for 20 minutes; then raise the temperature until the meringue is a light brown.



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3 tablespoons cornstarch.	3 egg whites and 3 tablespoons
3 egg yolks.	sugar.
4 tablespoons lemon juice.	$\frac{1}{8}$ teaspoon salt

Mix the cornstarch, the cold water, and the salt, place over the fire, and stir constantly until thickened. Place over steam until the cornstarch is thoroughly cooked—about 10 minutes. Add the sugar, lemon juice and rind, the butter, and the beaten egg yolks. Cook for 1 or 2 minutes over steam. Pour this mixture into a cooked pastry shell and cover the filling with the meringue made by thoroughly beating the egg whites and adding the sugar and a little salt. Bake at a low temperature (250° F.) for 20 minutes; then raise the temperature until the meringue is a light brown.

